The Scott County Extension Council thanks the County Commission for their financial support in 2016. County Commissioners were Jamie Burger (presiding), Dennis Ziegenhorn and Donnie Kiefer.

ANNUAL REPORT
SCOTT COUNTY UNIVERSITY EXTENSION COUNCIL

2016
Our Mission...
To extend the educational resources and knowledge base of the University of Missouri to the people of Scott County

6458 State Hwy 77
Benton MO 63736

573-545-3516

University Extension does not discriminate on the basis of race, color, national origin, sex, religion, age, disability or status as a Vietnam era veteran in employment or programs.
Scott County Extension Efforts

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January 5, 2017

Dear County Commissioners and Friends of MU Extension:

The past year was a busy one for University of Missouri Extension. As a long-time extension professional and newcomer to Missouri, I have found the support from people like you to be remarkable. Missouri is a special place with a promising future.

Through the efforts of faculty, staff and amazing volunteers, MU Extension connects millions of Missourians with knowledge they put into action in their daily lives. Using a range of learning experiences, we reach people of all ages and backgrounds, in every corner of the state.

In response to direct input received from local councils and the unique nature of each county, extension programs vary slightly across the state. This strength of local flexibility and public engagement enables county-based Mizzou faculty to provide local learning experiences that improve lives and community vitality. For example:

- MU Extension business specialists helped local Missouri businesses achieve sales increases of $186 million while creating or retaining 7,766 jobs.
- Helping assure access to health care in local communities, MU Nursing Outreach made it possible for 2,094 nurses keep their skills up to date.
- Our 4-H youth development specialists and other extension team members worked with volunteers and community leaders to reach 269,000 youths ages 5 to 18 across the state.
- Anticipating the needs of Missouri’s aging farm population, extension faculty developed workshops that target estate planning, succession and retirement planning specific to farmers.

These are just a few examples of how Mizzou’s commitment to extension and engagement benefitted Missourians this past year.

In the interest of better serving Missourians, we are conducting a statewide needs assessment. It will include extensive input from local communities and stakeholders. It will result in stronger alignment between extension programs and local needs.

I encourage you to read the attached annual report from your county office to gain an understanding of how MU Extension has worked this past year to serve your community.

Your support of MU Extension and our efforts in your community is greatly appreciated. As always, I welcome your input on how the University of Missouri can better serve the people.

Sincerely,

[Signature]

Marshall Stewart, Ed.D.
Vice Chancellor for Extension
COUNTY EXTENSION COUNCIL

The County Extension Council consists of dedicated volunteers who meet monthly to help determine the programs that will best meet the needs of Scott County citizens, approves personnel headquartered in the county and maintains the extension center from funds provided by the Scott County Commission.

OFFICERS
Mark Eftink, chairman
Martin Eftink, vice-chairman
Danny Hahn, secretary
Chris Dambach, treasurer

APPOINTED MEMBERS
Jamie Burger, Scott County Commission; Alice Jackson, City of Sikeston
Mike McMillan, Farm Bureau

ELECTED MEMBERS
Dwight Bizzell, Chris Dambach, Matt Deane, Mark Eftink, Martin Eftink, Danny Hahn, Darren Landewee, Steve Minner, Caleb Seyer, and Blake Wade

COUNTY BASED STAFF
David Reinbott, Agriculture Business Specialist and County Program Director
Maude Harris, Nutrition/Health Ed. Specialist; Marsh Birk, Youth Program Assistant
Dorothy Blissett, Nutrition Program Assistant; Teresa Tipler, Nutrition Program Assistant
Jessica Eftink, Extension Secretary

ADMINISTRATIVE SUPPORT
Janet Kline, Regional Director
Linda Morgan, FNEP Supervisor

AGRICULTURE/HORTICULTURE RESOURCES
Van Ayers, Ag and Rural Development; Frank Wideman, Agriculture Engineering
Donna Aufdenberg, Horticulture; Sarah Denkler, Horticulture;
Anthony Ohmes, Agronomy; Sam Atwell, Agronomy; Mike Milam, Agronomy;
Erin Larimore, Livestock

4-H YOUTH
Lesley Meir, 4-H Youth Specialist

HUMAN ENVIRONMENTAL SCIENCES (HES)
Mary Engram, Human Development; Ashley Bales, Family Financial Education

COMMUNITY and BUSINESS DEVELOPMENT
DeNae Gitonga, Community Development; Richard Proffer, Business Development
Each year our goal is to offer un-biased, research-based educational programs to families in Mississippi County with the goal of improving their quality of life in the environments in which they live, work, learn and relax.

**Annual Multi-County Women’s Health Conference**

The 13th annual Women’s Health Conference was held in Sikeston with approximately 225 participants attending from the surrounding counties, including Scott County. The goals of the conference were to provide health and educational information to the participants with keynote speakers, individual breakout sessions, and vendors representing services in the area. The conference included breakfast and lunch and was free to the participants.

*Scott County Commissioner’s Proclamation (Seated left to right)*

Donnie Kiefer, Second District Commissioner  
Jamie Burger, Presiding Commissioner  
Dennis Ziegenhorn, First District Commissioner

*(Standing left to right)*

David Reinbott, University of Missouri Extension  
Lisa Hicks, O.A.K.S. Center/Area Agency on Aging (Conference Committee Member)  
Maude Harris, University of Missouri Extension, Conference Facilitator  
Dr. Linda Morgan, University of Missouri Extension  
Mary Engram, University of Missouri Extension  
Warren Cork, Natural Resource Conservation

*City of Sikeston Proclamation*

*Seated Left to Right:*

Ryan Merideth, Council Member At-Large  
Dr. Maude Harris, Ward 4 Council Member, Conference Facilitator, University of Missouri Extension  
Steven H. Burch, Mayor  
Charles Leible, City Attorney  
Charles R. (Bob) Depro, Mayor Pro Tem/Council Member At-Large  
Gerald D. Settles, Council Member - Ward 2

*Standing Left to Right:*

Mary Engram, University of Missouri Extension (Conference Committee Member)  
Brenda Freed, Scott County Health Department (Conference Committee Member)  
Doris Williamson, Scott County Volunteer (Conference Committee Member)  
David Reinbott, University of Missouri Extension (Conference Committee Member)  
Darin Gant, Natural Resource Conservation (Conference Committee Member)
The 2015 conference evaluations and sign in sheets informed us that 225 participants attended this year. This year’s evaluation informed us that sixty percent of the participants were over 65 years old, which is an increase from the fifty percent last year.

The demographic information indicated that 16 percent were Black/African American, 70 percent were White/Caucasian, and 14 percent were Hispanic/Latino. Approximately 84 percent of the participants had visited a doctor within the past six months or multiple sources. Eighty percent of the participants had private insurance; while the remaining participants reported having Medicare or Medicaid. Less than one percent reported having no insurance.

Over the past five years, the conference brought together a total of two hundred or more participants. This number reflects a 100 percent increase in conference participation since the first conference with a total of less than one hundred participants. This increase indicates that more women are getting research based health information to assist them in making informed health choices. They are also learning more about the educational resources from University Extension and other services provided by numerous partnering agencies.

**Cooking Matters at the Store**

Cooking Matters at the Store provides families with hands-on education as they shop for food, giving them skills to compare foods for cost and nutrition. During the tour, participants learn and practice key food shopping skills such as, buying fruits and vegetables on a budget, comparing unit prices, reading food labels, and identifying whole grain foods.

**Program Impact**

During program year 2016, Cooking Matters at the Store tours were delivered to 551 participants.

**Evaluation**

After attending a Cooking Matters at the Store tour, 90% reported improved knowledge, skills, or understanding of maintaining a healthier dietary intake; 90% reported using skills and knowledge to shop healthier and reduce food costs.
**Scott County Community Garden/Eating from the Garden**

During the Spring of 2010, Open Door Fellowship Ministries, Mission Missouri House of Liberty, USDA Natural Resource Conservation, city of Sikeston Board of Municipal utilities, and the Scott County Extension Office partnered together to plant an annual community garden in Sikeston, Missouri. During the summer of 2016, the garden efforts extended to add the Eating from the garden curriculum. This program promotes healthier food choices, gardening knowledge and physical activity.

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**Eating from the Garden: Summer, 2015**

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**Cooking Matter for Adults, Teens, or Kids**

Cooking Matters is a small group oriented nutrition education and cooking classes designed to teach the participants (according to their age group) hands-on meal preparation, practical nutrition information and food budgeting skills. To date, approximately 23 participants in Scott County have attended the class.
**Diabetes Self-Management** –
This program helps participants with diabetes learn proven, effective interventions. These interventions can reduce symptoms, give participants the confidence to manage their condition, improve their quality of life and reduce health care costs.

**Stay Strong, Stay Healthy and Advanced Stay Strong, Stay Healthy** – This program helps participants 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 $56,758 per year in Missouri (1). The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people actively, independently contributing to society longer. In 2016, 25 participants in Scott County have attended the class.

[www.Leadingagemissouri.org](http://www.Leadingagemissouri.org)

**Quality for Keeps – Home Food Preservation** – This program helps participants learn safe, research-based practices and techniques, as well as enhance their access to an adequate supply of safe, affordable food. This leads to a healthy population, which in turn helps keep health costs in check and our communities viable. Attendance was 15 to 21 per session in Scott County.

**Chronic Disease Self-Management** – This program helps participants with chronic conditions learn proven, effective interventions. These interventions can reduce symptoms, give participants the confidence to manage their condition, improve their quality of life and reduce health care costs.

**Diabetes Self-Management** – This program helps participants with diabetes learn proven, effective interventions. These interventions can reduce symptoms, give participants the confidence to manage their condition, improve their quality of life and reduce health care costs.

**Child Care Wellness** – This program helps participants increase their knowledge and self-confidence about child nutrition, physical activity, and living a healthy lifestyle. With research-based knowledge and practical techniques, children, parents and child care center staff will benefit by preventing or postponing the onset of disease, by healthier eating and active living.
Every farmer in the county is reached whether by media, direct mailings, pesticide certification, soil testing, meetings or one-on-one. Extension also reaches many home gardeners as well as commercial horticulture producers.

**Regional Commodity Meetings**

University of Missouri Extension provides educational events that reach a diverse audience of producers, consultants, industry representatives, legislators, federal and state agency personnel and other stakeholders. These educational efforts include regional conferences specific to commodities produced in southeast Missouri. Those commodity events include: soybean, corn, wheat, forage, rice and cotton. This programming impacts producers, consultants, agriculture industry, and agency representatives who cover multiple counties.

**Soybean Crop Management Meeting**

National Agricultural Statistics Service (NASS) indicates that approximately 43 million bushels of soybeans are produced in southeast Missouri, of which approximately four million bushels are produced on 91,000 acres in Scott County. University of Missouri Regional Extension specialists organized, facilitated and provided information to 180 producers, certified crop advisors, industry representatives, state and federal agencies. This regional meeting provides an opportunity for citizens from every county in southeast Missouri to hear University State Specialists from the University of Missouri. Topics for this meeting included weed resistance, insect and disease management, soybean varieties, cover crops and grain marketing. As a result of attending this meeting, attendees indicated they plan to use more cover crops, plant soybean varieties developed at the University of Missouri and be more aware of herbicide resistance on their farms. This program is co-sponsored by the Missouri Soybean Association and industry.

**Regional Corn Meeting**

NASS indicates that approximately 402,000 acres of corn and 64 million bushels are grown in southeast Missouri and 70,000 acres and 12 million bushels are grown in Scott County. University of Missouri Regional Extension Specialists organized, facilitated and provided information to 140 producers, certified crop advisors, industry representatives as well as representatives from federal agencies such as United States Department of Agriculture/Natural Resource Conservation Service (USDA/NRCS), legislator offices and agriculture publications. State university specialists provided research-based information from Missouri, Kentucky, Tennessee Illinois, and Purdue. Topics for this meeting included sprayer cleanout, high residue management in high yield corn systems, update on drones for agriculture, new precision ag tools for corn production, and grain marketing. As a result of attending this meeting, attendees indicated they plan to adapt high yield corn management practices, be more diligent in sprayer cleanout, and crop rotation. The meeting was co-sponsored by Corn Growers Association and industry.
Certified Crop Advisor Meeting
University of Missouri Extension, in conjunction with University of Missouri Fisher Delta Research Center, co-hosted the Certified Crop Advisors meeting for 67 southeast Missouri crop consultants who needed continuing education units in integrated pest management, nutrient management, crop production and soil and water management. This regional meeting attracts crop advisors from counties throughout southeast Missouri, including Scott County. Crop consultants can obtain four hours in each subject area for a total of 16 hours over two days. This research-based information helped the consultants make informed decisions on row crops in southeast Missouri.

Fruit Tree Pruning Workshop
The workshop provided both hands-on and classroom training for both homeowners and commercial fruit producers. The workshop taught the basics of winter pruning to increase the health and production of fruit trees along with proper tool sanitation.

The workshop gave many the first opportunity to gain a basic understanding of the different types of pruning cuts and when and where these cuts should be made. The twelve participants were able to practice their pruning skills under the supervision of Sarah Denkler, Southeast Region Horticulturalist. The pruning workshop was conducted at Beggs Berry World orchard in Benton Missouri. The Beggs have 500 five-year-old peach trees.

Pesticide Applicator Training
Producers receive training for license to purchase and use restricted-use pesticides. This program was presented several times over the season reaching 35 citizens.

Ecology Day
The Scott County NRCS and SWCD works in partnership with Scott County Extension to hold an annual Ecology Field Day for Scott County 5th graders at General Watkins State Park. Extension assisted in the planning and the training sessions. This year’s Ecology Day on October 6 had nine schools participating with 250 students, 20 teachers, and 12 youth volunteers.

Agronomy and Horticulture
Many types of educational services were available for farmers and homeowners in the county. This includes one-one consultations, written correspondence, electronic communication via email, and telephone. Soil, plants, and nematode testing services were available. In 2016, samples sent to University labs included 215 soil tests, three seed germination, five plant nutrient tissue tests, six nematodes tests and 25 plant disease tests.
Pest and Crop Scouting School and Individual Management Consultation
Each year a scouting school is held at the Delta Center for the region. Participants learn all aspects of crop scouting. Research-based information was provided to producers and those in the agriculture service industry in the areas of weed, insect and disease identification and crop injury identification as well as management decisions on each individual case. One area in particular that is negatively affecting agriculture production is herbicide resistant weeds such as pigweed and horseweed. Weeds can cause more than 27 percent loss in soybean yield the first three weeks after crop emergence. When weeds become resistant to an herbicide it increases the likelihood of yield loss because of the void in herbicide choices. New herbicide-tolerant crop choices are becoming available and with those choices come crop injury risk from drift to non-tolerant crops. Information on herbicide management to reduce these losses through herbicide programs was provided via field visits, walk-ins, and electronic communication via phone or email.

Integrated pest management (IPM)
Integrated pest management (IPM) is a sustainable approach to managing insect, pathogen, and weed pests through a coordinated decision-making/action-taking process. An IPM plan includes all appropriate forms of pest control including genetic, biological, cultural, physical, and chemical methods. The goal of IPM is to mitigate pest damage while protecting human health, environmental quality, and economic viability.

For Scott County, insects that are of particular interest are black cutworms in corn, Japanese beetles, European corn borers in corn, Southwestern corn borer in corn, and soybean pod worm in soybeans. Pheromone traps were set up in producers’ fields in the Chaffee, Kelso and Morley area. The traps were checked twice per week and the moths caught at each location was posted to the University of Missouri IPM Pest Management Network Web Site for public access and use.

The Current Financial Situation for Missouri Agriculture
In July of 2016, the University of Missouri Extension and Missouri Department of Agriculture joined to hold a series of seven meetings across the state on the current financial situation facing Missouri agriculture. The meetings provided an opportunity for agricultural stakeholders to be updated on the current financial situation and to discuss the effects of the current financial downturn on the local communities. Since September of 2012, corn, soybean, and wheat prices have fallen between 50 – 60% and has put financial stress of the agriculture economy.

The meeting for Southeast Missouri was held on July 12, 2016 at the Miner Convention Center. A total of 85 agriculture lenders, farmers, and agribusiness attended. The speakers were Scott Brown, University of Missouri Agricultural economist who spoke on the commodity and financial outlook for agriculture. Loyd Wilson, Missouri Department of Agriculture spoke on the current situation in Missouri agriculture and financial resources available from their department. A panel of local stakeholders made up of farmers, industry and USDA, discussed the local agriculture situation and possible solutions.
<table>
<thead>
<tr>
<th>Agriculture Business Programs</th>
<th>What Did They Learn?</th>
<th>What Action Did They Take?</th>
<th>How Does This Make the County, Region, and Missouri Better?</th>
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| Economic and Financial Analysis | • FINPACK® analysis  
• Decision Tools – Spreadsheets  
• Crop insurance analysis  
• Grain Marketing & Farm Management  
• E- Newsletter  
• Grain Storage and Drying  
• Farm Accounting  
• Enterprise analysis  
• Financial statements  
• SE Missouri Crop Budgets  
• Irrigation Costs & Returns  
• Farm Lease & Crop Rents | • Producers analyzed personal financial documents to determine financial stability  
• Producers developed business plans to start and expand their operation  
• Producers have decision tools for crop budgeting, rental analysis, irrigation systems, grain storage, grain marketing, financial analysis, and farm acquisitions  
• Producers can better analyze the cost, returns and risks of crop rent versus cash rent  
• Producers can develop marketing plans to increase profitability by understanding the relationship between supply and demand, seasonal trends, and technical analysis through charting  
• Producers can use the marketing tools available to decide between harvest sales or utilize storage for futures and/or basis appreciation  
• Producers know the annual farm program payments from PLC and ARC-Co for cash flow analysis | • Agriculture business programs provide education that increases and/or stabilizes farm incomes, which leads to a more stable rural/farm economy  
• A robust and stable agriculture sector of the economy enhances the well-being of the county, region, and state residents by providing income, jobs, food, clothes, shelter, and energy  
• A profitable and stable farm business provides job opportunities for the citizens in the county  
• A profitable and stable farm business will provide greater tax revenues for the county, region, and state  
• A profitable and growing farm business will provide career opportunities for the next generation to stay on the farm instead of leaving the county, region and state |
| Markets and Marketing | • Ag commodity market analysis  
• Market outlook for crops  
• Crop marketing tools  
• Charting and Technical Analysis  
• Hedging and Risk Management grain crops | | |
<table>
<thead>
<tr>
<th>Agriculture education workshops and number of learners:</th>
<th>What Did They Learn?</th>
<th>What Action Did They Take?</th>
<th>How Does This Work make Scott County and Missouri better?</th>
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<tr>
<td><strong>Scott County</strong></td>
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<tr>
<td>- Missouri Crop Production systems</td>
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<td>- Delta Center Field day</td>
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<td>- Rice Field Day</td>
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<td>- Regional Agriculture meetings</td>
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<td>- Cotton, corn, soybean, rice, wheat, soils, meetings</td>
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<td>- Private Pesticide Training</td>
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<tr>
<th>79 participants</th>
<th>These workshops gave research-based information regarding:</th>
<th>The workshops helped the farmers who participated determine the most profitable, environmental friendly and safest soil and crop program for their farm.</th>
<th>Public Value:</th>
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<tbody>
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<td></td>
<td>- Farm Management</td>
<td>Farmers were up-to-date on the latest research-based information as they managed their farming operation.</td>
<td>As a result of this education and information, Scott County farmers increased their profits by increasing yields, adjusting inputs, improving production skills, and marketing techniques. This acquired knowledge helped the farmer have a more efficient and effective operation which increased the tax base of the county and state.</td>
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<td>- Soil Fertility</td>
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<td>- Irrigation system</td>
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<td>- Insect, disease</td>
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<td>- weed control</td>
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<td>- Pesticide use, safety and environment</td>
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<td>- Cover crops</td>
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<td>- Evaluation of farm resources</td>
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<td>- Production programs</td>
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Ag Lender Conference for Southeast Missouri
The Ag Lender conference is a 30-plus year program conducted in cooperation with the extension agricultural economics department on the Columbia campus and the regional extension agricultural business specialists. The Ag Lenders conferences provide lenders with valuable information on price outlook, possible Ag policy changes, and financial and management strategies that will help them in their lending decisions.

Two Agricultural Lenders conferences were held November 28, 2016 in Sikeston and Dexter. Forty-four lenders from across the Southeast region attended these conferences. Pat Westhoff, Agricultural Economist and Program Director of International Affairs for the Food and Policy Research Institute (FAPRI) at the University of Missouri-Columbia covered Commodity Outlook and Agriculture Policy. David Reinbott gave an update on the crop budgets for 2017 and the cost and returns.

County Century Farm Program
The Missouri Century Farm program dates back to 1976 and seeks to recognize and celebrate families and farms who have been in operation for 100 years or more.

Scott County recognized the Worsley-Mabry Family Farm.

Programs Reaching Scott County Residents
Delta Center and Rice Farm Field Days, Irrigation Conference, Watermelon Conference, Ag Lenders Meeting, Local Food Markets Workshop, Winter Storm Preparedness education, Show-Me-Select, tax schools.

Media
Newspaper Releases; Scott County Website; Crop Updates sent via Email; Regional Electronic Newsletter
4-H is the nation’s largest positive youth development and mentoring organization, empowering six million young people in the U.S.

4-H partners with 110 universities; its life changing programs are research backed and available through 4-H clubs, camps, afterschool and school enrichment programs.

4-H Youth are equipped with the knowledge, skills, attitudes and health for the 21st century workforce. 4-H is communities of members building life skills, engaging in Science and connecting to their community.

**Number of Scott County Participants:**
7 Clover Kids + 109 4-H members = 116 members
49 adult volunteers
83 families

One of every five Missourians between the ages of 5 and 18 participated in a University of Missouri Extension 4-H Youth Development program in 2016.

**What Did They Learn?**
The three Scott 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.

**State and Regional 4-H Attendance**

- State 4-H Congress - 3
- 4-H Camp - 4
- Quad County Shooting Sports Contest - 6
- Southeast Regional Energizer - 3
- State Public Speaking Contest - 1
- State Shooting Sports Contest - 6
- Benton Neighbor Day – 90 entries and 26 exhibitors
- SEMO District Fair – 89 exhibits and 30 exhibitors
- SE Regional Representatives – 1
- Executive Secretary on 4-H Council – 1
What Action Did They Take?
Missouri 4-H members spend almost nine times more of their leisure time than peers engaged in projects anchored in science. As a result, 4-H members are three times more likely to go into science related careers than similar peers (Lerner and Lerner, 2008). Fostering career development is the fact that Missouri 4-H members are connected to college campuses and faculty. 4-H connects 8,500 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Hoover, 2006). 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 Scott County, 80 percent of the youth were engaged in leadership and service experiences in their communities.

How Does 4-H Make Scott County and Missouri Better?
Youths who earn their bachelor’s degree increase annual earnings by $2 million over their lifetime (NACUBO, 2012). If 70 percent of the Scott members participating in 4-H events on the University of Missouri campus go onto earning their bachelor’s degree, 4-H would help young people earn $16.8 million more lifetime earnings.

Volunteers create, support and are part of the 4-H community. Missouri 4-H volunteers responding to a survey report they contribute on average 100 hours per year. Valuing their time at $21 per hour, based on average Missouri incomes, the contribution of Scott 4-H volunteers was worth more than $128,000 in 2016! More important, these adults serve as mentors for our youth helping them transition into adulthood.
Free Radon Testing: Searching for a Silent Killer

Radon education programs distributed 105 free radon test kits to increase awareness of the risks of radon exposure in the home, encourage home testing and to gather radon data. A National Healthy Homes grant of $18,000 provided funding for the statewide project. Each year, lung cancer caused by radon costs about $2 billion in medical care expenses and lost productivity. The good news is that radon levels can be reduced by up to 99 percent. The Environmental Protection Agency (EPA) estimates that 1 of 15 homes in the United States have high radon levels. A simple, inexpensive test can determine your risk. Basic practices can help prevent and lower radon levels. The EPA guideline for taking action to reduce radon levels indoors is ≥ 4.0 picocuries per liter (pCi/L). Levels as low as 2.0 pCi/L indicate there is some health risk.

Results of the 74 viable radon tests:

- 55 Percent of homes tested had radon levels above 2.0 pCi/L, indicating a health risk. Eighteen percent were ≥ 4.0 pCi/L requiring action and 16 percent <0.06 showing no measurable risk. The range was <.03 to 9.7 pCi/L,
- Six Head Start Centers tested in SE Missouri had very low rates from 0.03 to 1.8 pCi/L. Partnering with Head Start centers provided a way to share radon health risks and test information to low-income families with young children.
- Homeowners with high radon levels took immediate actions including: Retesting with a long-term test (recommended), hiring certified radon mitigation contractors, DIY sealing of basement cracks, covering the sump pump and improving cross-ventilation on the lowest home level.
- Free radon test kits are available by contacting the MO Department of Health and Senior Services online at: [https://health.mo.gov/living/environment/radon/testkit.php](https://health.mo.gov/living/environment/radon/testkit.php) or contact the Extension office and I will order your free kit from DHSS.

Results from the SEMO locations: New Madrid 1, Perryville <0.3, Dexter – 0.9, Charleston- 0.8, Sikeston – 1.1, Ross -<0.3
**Family Nutrition Program (FNP) Scott County**

Dorothy Blissett & Teresa Tipler  
Nutrition Program Associates

<table>
<thead>
<tr>
<th>Number of Scott County Learners</th>
<th>Total Hours of Collective Workshop Participation in 2016</th>
<th>What Did They Learn?</th>
<th>What Action Did They Take?</th>
<th>How Does This Work Make Scott County and Missouri Better?</th>
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<tr>
<td>University of Missouri Extension’s Family Nutrition Program (FNP) reached a total of 8,491 participants. Of that number; 8,075 were direct and 416 indirect nutrition education in Scott County during 2016. A significant percentage of these participants were low income. FNP provides information on nutrition, food safety, gardening, and physical activity for lifelong health and fitness by working with qualifying schools, community groups and agencies.</td>
<td>6,368 collective workshop hours</td>
<td>Youth from Preschool to 12th grade learned through kid-friendly, hands-on lessons and activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults also included nutrition, food safety, and physical activity, as well as food resource management.</td>
<td>Nutrition Program Associates (NPA’s) teach in schools and other grant eligible locations in the county to help them make healthier choices and build healthy habits. Also, through indirect teaching as well as health fairs or other one time workshops, they impact many people that they are unable to actually see in a classroom setting.</td>
<td>The Family Nutrition Program (FNP) brought $8,582,289 in Federal funds to the state of Missouri. These funds were used to provide nutrition education to 951,652 food stamp recipients and food stamp eligible citizens of Missouri. 8491 of these participants reside Scott County. Participants in FNP became more aware of nutrition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increased their physical activity and in general make healthier food choices. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important programming effort serves to reduce healthcare costs over the participant’s lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.</td>
</tr>
</tbody>
</table>
Photos for Scott County:

(Show Me Nutrition, Oran Elementary)

Success Stories for Scott County:
Submitted by Dorothy Blissett & Teresa Tipler

On my way into the Sikeston Food Pantry, a parent began telling me things her child has learned from the program that I do in their PE classroom. Her student learned eating foods from all five food groups as well as washing hands and the importance of exercise. The parent also stated she really enjoyed the newsletters that are sent home with her child. She told me that she and her child prepare some of the recipes from the newsletter. I'm excited that the recipes from the newsletters are being prepared in the homes with families. (Teresa Tipler, Scott County)

I was teaching at Lilbourn Elem. and one of the boys in the class was upset due to us talking about nutrition. He stated that he really didn’t want to hear about eating healthy and stated that at home he eats a lot of pizza and chips, and brings those foods for lunch every-day. As we continued on with the lesson, I discuss balancing diet and exercise. As we started the exercise portion of the class, the little boy stated that if he moved around he wouldn’t be able to breathe. I explained to him that he could take it slow, and that would be a good start for him. We started using music to exercise and everyone seemed to be enjoying the lesson, exercising and having fun. The little boy finally got up and started moving and asking questions about what types of foods to eat that would be healthy, and how much exercise he needed to do each day. Before leaving the gym he told me he would try to do better. (Dorothy Blissett, Scott County)

It has been a successful year in Scott County for FNP. If you need further information about the Family Nutrition Education program please contact:

Linda Morgan, EdD
Family Nutrition Education Program Coord. SE region
Nutrition Specialist
County Program Director-Pemiscot
<table>
<thead>
<tr>
<th>Number of Scott County Learners</th>
<th>Program</th>
<th>What Did They Learn?</th>
<th>What Action Did They Take?</th>
<th>How Does This Make Scott and Missouri Better?</th>
</tr>
</thead>
<tbody>
<tr>
<td>63 clients (48 male/female owned business; 8 male owned businesses; 10 women owned business; 1 is certified disadvantaged small business 8a certification)</td>
<td>Individualized counseling (A total of 91 counseling hours for an average of 1.4 hours per client)</td>
<td>Counseling topics covered: Accounting/Budgeting Cash Flow Business Planning Marketing/Sales Government Contracting Managing a business Start up Financing/Capital Buy/Sell a business</td>
<td>1 business was started 1 new job created 1 commercial loan was approved for $5,500,000 1 equity injection of $800,000</td>
<td>We helped our county residents become more business minded and aware. These actions increased the awareness of our state and federal legislators about the program and will aid in program funding.</td>
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<tr>
<td>350 attendees (21 minorities; 109 not in business yet; 12 African Americans; 78 females; 100 Caucasian; 10 Hispanics; 3 in business; 3 veterans)</td>
<td>Start up series</td>
<td>Entrepreneurship Business Concept Feasibility Products/Services Industry/Competition Market Segments Pricing Financial Projections Cash Flow</td>
<td>Attended 33 hours of training</td>
<td>We were able to educate the business owners and future entrepreneurs on how to start a business, how to better marketing themselves and to better manage their existing business.</td>
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<tr>
<td>Financial Literacy Series</td>
<td></td>
<td>Accounting/Budgeting Cash Flow</td>
<td></td>
<td>These trainings covered many tropics that start up and existing entrepreneurs often have questions about. They learned answers and developed more questions through participating in these programs.</td>
</tr>
<tr>
<td>Education Audience</td>
<td>Educational Programming</td>
<td>What Did They Learn?</td>
<td>What Action Did They Take?</td>
<td>How Does This Work Affect Scott County and Missouri?</td>
</tr>
<tr>
<td>--------------------------</td>
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<td>Scott County Entrepreneur</td>
<td>Development of Value Added Agriculture Enterprise with expertise from Dr. Van Ayers, community development specialist</td>
<td>Process needed to develop a value added agriculture enterprise.</td>
<td>Construction and development of a 60,000 sq. ft. greenhouse facility outside of Sikeston, MO.</td>
<td>The facility is under construction, but should be complete by summer 2017. The enterprise will employ upwards of 30 personnel.</td>
</tr>
<tr>
<td>Steve Hamra Amanzi Farms</td>
<td>Facilitation of local foods markets.</td>
<td>Expansion of markets hydroponic vegetables.</td>
<td>Development of new markets for hydroponic greenhouse products.</td>
<td>Fresh produce will be available year round. The major market will be schools and institutions.</td>
</tr>
<tr>
<td>Scott County Farmers</td>
<td></td>
<td>Financing of value added agriculture enterprise.</td>
<td>A USDA-VAPG grant proposal submitted. The grant was funded at $250,000 for working capital.</td>
<td>Increase farm profitability. Provide income of those participants.</td>
</tr>
<tr>
<td>5 producers, minority</td>
<td></td>
<td>Availability of local foods markets in the Cape Girardeau region</td>
<td>Consulted with potential buyer of products.</td>
<td></td>
</tr>
</tbody>
</table>

Van H. Ayers  
Community Development Specialist
CONTINUING EDUCATION

Office of Continuing Medical Education and Physician Lifelong Learning (CME/PLL)
Scott County – 2 participants

CME/PLL serves both MU Extension and the MU School of Medicine by educating physicians and other health care professionals and enhancing the standard of health care to improve the health of the people of Missouri and beyond through health education, wellness promotion and health care quality improvement/performance improvement initiatives. Additionally, CME/PLL facilitates and manages health care quality improvement projects for the University of Missouri Health Care system and the MU School of Medicine Springfield clinical campus. In FY 2016, CME/PLL offered 1,879 noncredit programs, courses and educational activities with 31,779 participants. [http://medicine.missouri.edu/cme/about](http://medicine.missouri.edu/cme/about)

Fire and Rescue Training Institute (MU FRTI)
Scott County – 190 participants

MU Extension’s Fire and Rescue Training Institute (MU FRTI) provides comprehensive continuing professional education and training to Missouri’s fire service and emergency response personnel. The institute has a direct impact on the well-being and protection of Missouri’s 29,000 firefighters and the 6 million citizens they serve. Courses prepare firefighters for medical emergencies, hazardous materials response and disaster preparedness and mitigation, as well as fires. In FY2016, MU FRTI trained firefighters representing all 114 Missouri counties for a total enrollment of 13,828 fire and emergency responders. Student enrollment numbers rose by 6 percent in FY 2016 as compared to the previous fiscal year. MU FRTI served 1,360 fire departments, organizations or agencies in FY 2016. [http://www.mufrti.org](http://www.mufrti.org)

MU Conference Office
Scott County – 129 participants

The MU Conference Office provides high-quality, professional, full-service meeting management for a variety of noncredit educational programs, such as conferences, workshops, seminars and symposia. Whether a meeting is hosted on campus, in out-state Missouri or anywhere in the world, the office’s professional staff provides assistance to create the best learning environment for participants. In FY 2016, 12,215 Missourians registered to attend MU Extension conferences for teacher education in math, science and writing; crop management, and agricultural lending, as well as statewide youth leadership programs. – FCCLA and 4-H. [http://muconf.missouri.edu](http://muconf.missouri.edu)
MU Nursing Outreach  
**Scott County – 8 participants**

Keeping Missouri nurses up to date with the knowledge and skills they need to effectively provide care and fully participate in the state’s health care efforts is a primary goal for Nursing Outreach. In FY 2016, Nursing Outreach helped 2,094 health care professionals participate in its programs and reached another 881 nurses through co-sponsored multidisciplinary programs. Nursing Outreach serves a predominantly rural health care audience with high-quality, affordable continuing education programs using face-to-face, web-based and online delivery methods. A full 92 percent of Nursing Outreach’s Missouri participants reside outside the metropolitan St. Louis and Kansas City areas. [http://nursingoutreach.missouri.edu](http://nursingoutreach.missouri.edu)

Labor Education  
**Scott County – 3 participants**

The MU Extension Labor Education Program works with members and leaders of a variety of workplace-based organizations across Missouri to help them develop skills to contribute to their organizations, act effectively in the workplace, and be informed and active participants in their communities. In FY 2016, the Labor Education Program offered 38 courses and conferences to meet the needs of 1,007 participants. The majority of these participants are elected and appointed leaders of organizations representing the economic interests of more than 20,000 working people in Missouri and surrounding states. [http://labored/missouri.edu](http://labored/missouri.edu)
2016 GENERAL COUNTY EXTENSION BUDGET

INCOME:
County Commission $38,640.00
Carryover 998.85
Total Income $39,638.85

EXPENSES:
Salary $13,813.00
Social Security 1,056.70
Telephone – Local 939.60
Telephone – Toll 68.38
Supplies 3,091.56
Office Rent 14,400.00
Utilities 1,224.98
Office Cleaning 480.00
Postage 0.00
Equipment Purchase 0.00
Insurance 450.00
Travel and Mileage 3,575.50
Bond, Election, Adv. 100.00
Total Expenses $39,199.72
Balance Carried Forward to 2017 $ 439.13

Scott County Extension Center - Phone: 573 545-3516
Email: Scottco@missouri.edu
Website: http://extension.missouri.edu/scott/home.aspx

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