December 2010

Dear Members of the County Commission and the Community:
When you invest public funds, you want to know that those funds are making a real difference – that the program has value to the public. And in these tough economic times, you especially are interested in programs that create and retain jobs. Fortunately, that is exactly the case with your investment in University of Missouri Extension programs.

Here are just a few examples:

The **FastTrac NewVenture** course creates new jobs by providing tools to those who want to start their own business. Entrepreneurs determine the economic feasibility of their business concept, design a business model that matches their personal vision, and create a business plan to communicate the opportunity to investors.

**Pasture-based Dairies**, modeled on MU Extension’s rotational grazing systems, have generated 1,100 jobs and added more than $124 million to Missouri’s economy.

The Office of Social and Economic Data Analysis works with the Missouri Department of Economic Development to provide an [online career exploration tool](#), which provides information about promising employment arenas.

**Eat Well Be Well with Diabetes** provides practical information and skills to self-manage the disease and promote optimum health. Employees who have better control of their blood glucose levels have reduced rates of job absenteeism.

**4-H science, engineering, math and technology projects**, such as robotics and computing, are preparing youth for jobs of the future. Teens are learning how to be team players, to be lifelong learners, and to approach problem-solving with confidence.

**Leadership education** for steelworkers, pipe fitters and other union workers prepares shop stewards and others to understand how global issues affect today’s workforce and how to secure jobs using practices that reflect joint employer-employee goals.

MU Extension programs are tailored to meet local needs. Visit your local extension center or go online to learn more about the MU Extension programs that create and retain jobs in your community.

Sincerely,

Michael D. Ouart
Vice Provost and Director
OUR MISSION...

To serve Shannon County by extending research-based knowledge and top quality educational programs to address high priority needs to citizens at the local level. University of Missouri Extension faculty help individuals and organizations turn knowledge into action, thus improving the quality of life for all.

*Shannon County is currently being served through the Texas County Extension Center located in Houston, Missouri. Cammie Younger serves as County Program Director.*

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Monday through Friday

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Extension

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

The FNEP program consists of two programs, the Food Stamp Nutrition Education Program (FSNE) and the Expanded Food Nutrition Program (EFNEP). These two programs serve over 240,000 limited income Missourians combined. Nearly 2000 individuals were served in Texas County. The programs enable both youth and adults to improve their food intake; increase their physical activity levels; manage their food dollars; and keep their food supply safe. **Recent research has shown that for every $1 invested in these programs there is an average of nearly $9.00 reduction in future health care spending.** On going training for Nutrition Program Associates who deliver these programs is provided creating changes in the lives of those they serve. These changes include improved life skills and often the clients are empowered to seek further education and/or employment. These programs are grant funded with the South Central region receiving nearly $1,000,000.00 of the $8,000,000.00 state wide monies.

Food Power

Food Power is a life size simulation of the path that food takes from the farmer’s field to the sports field. Students are taught where the food they eat comes from and how it gives them the energy to grow and play. They also learn the importance of healthy food choices and regular physical activity.

Pyramid of Power

Pyramid of Power was developed by the South Central FNP unit. It is an assembly consisting of life size food characters presenting healthy food choice information delivered free to the public schools. The script is designed to meet the Grade Level Expectations (GLEs) required in the MAP testing. Students learn through fun hands on physical activities and songs as well as lecture style teaching. Students learn the importance of healthy food choices and being more physically active. Hundreds of students throughout the South Central region including Shannon County participated in this exciting assembly.

Health Fairs

Nutrition and health education materials and programs were delivered to clients through Health Fairs, Back to School Fairs, and Parent Fairs. Hundreds of citizens, adults and children, received life changing education improving their health and wellbeing.
Chronic Disease Self-Management Program
The Chronic Disease Self-Management Program (CDSMP) is a workshop given two and a half hours, once a week, for six weeks, in conjunction with local area hospitals and health facilities. People with different chronic health problems attended the program together. The subjects covered included:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation.
- Appropriate exercise for maintaining and improving strength, flexibility and endurance.
- Appropriate use of medications.
- Communicating effectively with family, friends, and health professionals.
- Nutrition
- Making informed treatment decisions

It is the process in which the CDSMP is taught that makes it effective. Sessions are highly participative, where mutual support and success builds the participants’ confidence in their ability to manage their health and maintain active and fulfilling lives. The Self-Management Workshop does not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education such as Better Breathers, cardiac rehabilitation, or diabetes instruction. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives. There were 15 people who attend the CDSMP program and all report the program being a success.

Focus on Kids
Focus on Kids is a highly effective program for families experiencing separation and/or divorce through learning better communication skills and how both parents can interact even through differences of opinions and lifestyles. The curricula used for Focus on Kids uses real life situations on video for clients. These videos sessions are extremely effective in giving clients a "hands on" learning experience. Summary points of Focus on Kids are:

- Avoid Putting Children in the Middle
- Transitions Between households
- Money Matters
- Parenting Time

Focus on Kids is offered in 5 counties in the South Central Region. They are Pulaski, Phelps, Howell, Shannon and Texas County. Texas County served 15 adults in the program. This generated information that impacted approximately 30 children.
The Family Nutrition Education Programs (FNEP) in Missouri brings helpful information about food and nutrition to limited-resource families. FNEP is the term used to refer to MU Extension’s two key nutrition programs for low-income Missourians: the Family Nutrition Program (FNP) and the Expanded Food and Nutrition Education Program (EFNEP). FNP funds come to MU Extension from USDA, Food & Nutrition Services through Missouri’s food stamp program. The main focus of FNP is on youths and the adults who support them. FNP nutrition educators work primarily in schools, helping students achieve lifelong health and fitness.

Expanded Food & Nutrition Program (EFNEP) are trained to teach homemakers and youths in small groups, in neighborhoods or in homes to learn about good nutrition and good food through activities for adults and youths. These assistants receive training and help from the county nutrition specialist as well as the University of Missouri-Columbia and from Lincoln University. The program helps participants find out about stretching food stamps or money; fixing low-cost foods; eating better when pregnant; planning meals for babies, children and teen; storing food safely; controlling weight; helping with referrals for family problems; using food received from Women, Infants and Children’s (WIC) Program or commodity distribution; and freezing, canning and growing food.

Impact in 2010

University of Missouri Extension (UME) Family Nutrition Education Programs (FNEP) reached 607 low-income participants with nutrition education in Shannon County during 2010. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness. Kelly Younger is the Nutrition Program Associate for Shannon County.

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. Back-to-school Health Fairs and the Pyramid of Power play were also featured this year.

During 2010, both youths and adults were served through schools, community groups and agencies. The following is a list of the locations where participants were served:

Schools:
Eminence Elementary and High Schools, Mountain View Birch Tree, Summersville Elementary, Winona Preschool and Elementary.

Agencies:
4-H and Shannon County Health Department (WIC).

In summary, it has been a successful year in Shannon County for FNEP.
4-H & Youth Development

4-H Impact in 2010

Missouri 4-H, University of Missouri Extension's youth development programs create opportunities for young people to be valued, contributing members of their community. 4-H is more than a Club it is preparing young people to be the Leaders of today and tomorrow. Providing opportunities for youths to develop positive self-esteem, leadership skills, decision-making skills, citizenship and practical life-skills are objectives of the extension youth program. Missouri 4-H connects kids and caring adults for learning-by-doing experience in organized clubs, enrichment programs, special-interest groups, camps, Character Counts with the Six Pillars of Character and school-aged child care programs. To learn more about 4-H - the world’s largest youth-serving organization -- visit http://mo4h.missouri.edu.

Life Skills learned at 4-H Programs and all 4-H Events

The 4-H members are taught life skills such as character the individual trait that makes them who they are, Respect for others, responsibility, social skills, cooperation, goal setting, record keeping, leadership, teamwork, self-esteem, self-responsibility, self-discipline, respect for others, personal safety, critical thinking, problem solving, contributions to group efforts, and community service, caring for themselves & others, and being trustworthy. This is just a few life skills learned by 4-H members each year.

4-H and White Oak Camp 2010

This year we saw an increase in our 4-H numbers and we plan on that to continue. This year without community support we would not have been able to hold camp. We sincerely appreciate the generosity of people here in Texas County who provided both money and time to make this camp successful.

We had many educational programs, crafts where the kids get to make items to take home, they get to make their own bags with the country flag their cabins represented, shot archery, swim & canoe at the river. We had lots of volunteers to help at camp this year and 50% of these helpers came from Texas County citizens.

Larry Dablemont a Houston Native, came to camp and told stories to the campers.

The campers start arriving at camp between 8 and 10 AM at this time we do Check-in, Health Checks and get the campers assigned to the cabins. During these times we have Challenge games going on to keep them busy until we get all the campers settled into their cabins and get acquainted with their counselors. At noon we have lunch where each cabin of children can set with their counselors and cabin mates.
Throughout the week the campers learn about Character education, plan skits, swim and canoe at the river where we have a licensed lifeguard and other river helpers, they do crafts, Archery, they get to help with snacks with our FNEP staff teaching them nutrition, each year we have different workshops and this year we had groups from foreign countries, plus the square dancers from the Mountain View area, the campers did challenges, and Inter County Electric also set up a electricity exhibit for the camper, Then one night they got to walk to the Blue Hole a large spring at the edge of the river. We have a night around the campfire with a story teller and the past 2 years we have been blessed with Larry Dablemont telling the kids stories about his life here in the Houston area and along the Piney river, also things and people that happened at his grandpa’s Pool Hall. Each time he so graciously gave each child one of his books of which they were very proud of. A few years ago Larry was a counselor at our camp and we appreciate his coming and inspiring our campers to be all they can be. He left them with the message they can do anything in life that they want if only they work toward that goal. Then Larry gave each camper a book he had written. What a gift to our campers.

This year we had 84 campers, 23 youth counselor and 23 adult staff and presenters. We appreciate all those who helped with our camp. Many adults donated their time, making it possible for us to have a great camp.

4-H Energizer 2010
The 4-H Energizer for the HOST area was January 30 at the Mountain View Christian Church in Mountain View, MO. This event is open to both 4-H and non 4-H Families in Howell, Oregon, Ozark, Shannon and Texas Counties. “The event is gives an opportunity for parents and children to learn about 4-H projects such as livestock, dance, theater arts, character education, How to make club meetings fun, Shooting Sports, Leadership, Public Speaking, Scrapbooking, crafts and clover kids”. This workshop is open to all youth ages 8-18 and their parents, also activities for the youth 5-7, the clover kid age occurs throughout the day in separate sessions. This event was attended by 30 youth and 10 adults.

Horse Jamboree 2010
The past 2 years in the fall the 4-H has had a horse jamboree at the Big Creek Trail rides in Shannon County, with seminars about horse care. There are also trail rides each day during the event. This event is done with the youth in mind but is a family event where families may come and enjoy the outdoors and horse riding and learning all at the same time.
Youth Leadership Development

A new Youth Leadership Development program was implemented into Shannon County in 2009. The program was delivered to Eminence High School Junior and Senior students in the spring and then again in the fall. The program included guest speakers from local leaders and Extension faculty. Topics included law, nutrition, team building, waste management and a special session presented by astronaut Tom Akers. The students were required to present a written grant proposal as well as an oral presentation of the grant to council members. Grant monies totaling $1,000.00 were distributed to the students to complete the grant proposal projects. In 2010 the program was extended into the Winona School District. The leadership projects that were accomplished include a beautification of the Winona city square with many flowers planted, a hygiene education week conducted at the Winona High School and a senior citizen celebration at the Winona Senior Center. The project completed with the Eminence students was food boxes with Christmas dinner items distributed to 18 families in the community. Along with the food box projects, an idea of painting a mural on the retaining wall around the county court house has been developed with plans to further investigate for completion at a future date. The program was a huge success serving nearly 20 high school students, 200 elementary students, and hundreds of adults and families and businesses through the Senior Center, the town square and recipient families. All the students involved said they would recommend the program to their friends and that they learned a lot about giving back to their communities and preparing for their futures by being more productive citizens.
Ag Lenders Seminar 2010

Thirty-one agricultural lenders and Farm Service Agency personnel from; Dent, Douglas, Howell, Laclede, Oregon, Ozark, Shannon, Wright Counties in Missouri and 2 from Arkansas attended the 2010 Ag Lenders Seminar in West Plains, Missouri. Agriculture lenders come in contact with more people involved in agriculture than any other single commercial institution. Many times the person holding the “purse strings” of many operations can have a tremendous influence on the management behavior of the producers.

Research-based information is needed for lenders to make sound business decisions for their lending institutions. Lenders must consider many economic forces when making lending decisions and this seminar focuses on key issues affecting those decisions.

Ag Lenders program was held on December 16, 2010 from 10:00 am - 3:00 pm at the Café 37 Restaurant in West Plains, MO.

Topics taught and discussed were:

- Commodity Outlook . . . Ron Plain - State Livestock Marketing Specialist, University of Missouri
- Our General Economic Outlook . . . Scott Brown - Market/Policy Research Assistant Professor, FAPRI, University of Missouri
- New Packer and Stockyard Rules & Implications of Proposition B . . . Ron Plain - State Livestock Marketing Specialist, University of Missouri
- 2012 Farm Bill Discussion . . . Scott Brown - Market/Policy Research Assistant Professor, FAPRI, University of Missouri
- MAESTRO and Other Energy Programs Available to Farmers. . . Stacy Hambelton - Ag Business Specialist University of Missouri Extension

Each participant receives a book titled “Missouri Farm Financial Outlook 2011.” The Seminar booklet contains current articles on farm topics such as outlook, management and budgets for planning next year’s farm operations.

Evaluations indicate that the lenders thought that the program was very valuable. The participants were asked to rate the program on a scale of 1 to 10 with 10 being very valuable: The lenders were asked the following question: “Overall, how do you rate this seminar?” The average rating was 8.13 out of 10.
Agriculture and Environmental Quality

Grazing School

Better utilization of forage and improved livestock operations through enhanced grazing management is the focus of our Grazing Schools. Classroom sessions and on-farm tours are used to demonstrate the principles and variations of designing a grazing system. The schools last for approximately 2 ½ days. Topics taught during grazing school are; Soil Fertility Management, Designing Fence and Water Systems, Farm Resource Inventory, Wildlife Habitat in Grazing Systems, Pasture Condition Scoring, Using a Grazing Stick, Economic Considerations for Grazing Systems, Matching Livestock & Forages, Livestock Nutrition, Grazing System Layout and Design, Pasture Growth & Plant ID, and Electric Fence Construction and Demonstration. Then during the last day participants are divided into groups and they design and present a planned grazing system. This gives producers a chance to build confidence and gain hands on experience using the knowledge that they have acquired.

Upon completion, an evaluation is given to each participant. The question: “Would you recommend this grazing school to other producers?” was answered YES by 100% of participants. Young and old, male and female, experienced and inexperienced have attended and they all enjoy and learn from this program.

For producers interested in cost sharing for planned grazing systems, the local Soil and Water Conservation District has a program to cost share in “Planned Grazing Systems (DSP-3).” To participate in this program you are required to attend an approved grazing school. For more information on this practice or other cost share programs call your local Soil and Water Conservation District.

One hundred and forty five producers completed the 6 grazing management schools in 2010 within our grazing school region.

Grazing Schools held from May 11, 2010 to Sept. 3, 2010.

A total of 145 clients participated in the grazing schools across the area.
Business Development Specialist
Willis Mushrush

As entrepreneurs and innovators, Missouri’s small businesses are becoming a more diverse group that continues to make the state’s economy productive. There are approximately 500,000 small businesses in Missouri. Nearly 98 percent of all businesses with employees are categorized as small businesses. In assisting the owners and managers of those businesses, MU Extension contributes to a county’s economic development and the well-being of its citizens and communities.

In Shannon County, during 2010, business development program specialists and business counselors with MU Extension, Missouri Small Business & Technology Development Centers (MO SBTDC), Missouri Procurement Technical Assistance Centers (MO PTAC), Missouri Environmental Program, Missouri Career Options Project, and the Missouri Market Development program served 8 people and their companies with business start-up and management counseling, training, and other assistance. In addition, entrepreneurs and business owners in Texas County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- New jobs: 1
- New Businesses: 1
- Loans and investments in business: $7,000
- Clients/companies receiving business counseling: 8
- Business training attendees and conference participants: 1
University of Missouri Extension programs in Texas County are funded by county, state and federal appropriations. Local funding for support of the county Extension Center is provided by the Texas County Commission. They provide office space, funds for office expenses, clerical salaries and travel expenses of extension specialists who conduct educational programs within the county.

**University of Missouri’s Contribution to Texas County Extension Program**

University of Missouri provides salaries and benefits for University staff members headquartered in Texas County.

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

In total, the University of Missouri provided support during 2010 to the extension program in Texas County valued at approximately $185,000.

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