January 2012

Dear County Commissioners and Associated Friends of MU Extension:

“Efficiency” and “Innovation” are two watchwords of citizens and government in our currently challenging economy. I am pleased to report that University of Missouri Extension has kept these words in the forefront and acted accordingly for the benefit of Missouri residents statewide.

Funded through the support of federal, state and county government; grants and contracts; fees for services; and private gifts, MU Extension leverages every dollar received to create expanded educational opportunities. Every dollar provided from counties is leveraged with an additional $6.00 to create a significant return on investment.

MU Extension creates value for citizens – including those who do not participate directly in its programs. For example:

*The federal Expanded Food and Nutrition Education Program provided $1.6 million to the state of Missouri. These funds provide nutrition education to limited-resource families. Participants who graduate from the program improve the way they manage their food dollars; demonstrate acceptable food safety practices and make healthier food choices. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important program reduces healthcare costs over the participant’s lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.*

2011 has been a difficult year due to natural disasters in Missouri. The MU Extension statewide Community Emergency Management Program and local emergency management groups provided immediate on-site assistance by coordinating with the State Emergency Management Agency, Red Cross and other groups and by providing online resources through web pages and other media. As a result, citizens learned how to avoid scammers, ensure safe drinking water and food, and recover from a disaster. MU Extension’s emergency management program helps communities, businesses, schools and residents reduce a community’s disaster recovery period. This action saves lives and countless dollars in emergency recovery operations and avoids job loss. Additionally, the whole community builds a greater sense of cohesion.

These are just two examples of MU Extension’s public value impact. I’m sure you will find many other examples in your local community.

I want to thank you for your support of MU Extension as a critical team player in your locale. Your ideas for improving our partnership are always welcome.

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 helps 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.

Texas County Extension Center
1418 S Sam Houston Blvd
Houston, MO 65483
(417) 967-4545
Fax: (417) 967-4707

Internet: texasco@missouri.edu
Web Site: http://extension.missouri.edu/texas

Office Hours: 8:30 a.m. to 5:00 p.m.
Monday through Friday
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.

Food Preservation

With the high costs of fuel came the skyrocketing prices of food. Class were held in Shannon County to combat this problem. Many students participated in this class with 100 % stating the need for more education in this area. These students learned the safe process of pressure canning, including preparing food for canning and the benefits of home food preservation with an emphasis on wild game. Students now have the knowledge of how to make their food dollars stretch by preserving some of their own food. The classes had 10 participants in Shannon County in 2011.
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 life-long 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 2011

University of Missouri Extension (UME) Family Nutrition Education Programs (FNEP) reached 1,239 low-income participants with nutrition education in Shannon County during 2011. 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, the Pyramid of Power presentation, and the Food Power interactive exhibit were also featured this year.

During 2011, both youth 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 and High Schools, Winona Preschool and Elementary.

Agencies:
4-H, MOCA, Public Libraries, and Shannon County Health Department (WIC).

In summary, it has been a successful year in Shannon County for FNEP.
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.

4-H and White Oak Camp 2011
We sincerely appreciate the generosity of people here in HOST (Howell, Oregon, Shannon and 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 represent, shoot archery, swim & canoe at the river. We had lots of volunteers to help at camp this year. Volunteers are another aspect of the 4-H program that makes it successful.

This year we had 83 campers, 12 youth counselors and 21 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.

Youth Leadership Development
A new Youth Leadership Development program was implemented into Shannon County in 2009. The program was delivered to Winona High School Junior and Senior students in the spring of 2011. The program included guest speakers from local leaders and Extension faculty. Topics included law, nutrition, team building, waste management and resource conservation and development. A special session presented by astronaut Tom Akers was made possible to the students in the beginning years of the program. 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 $500.00 were distributed to the students to complete the grant proposal projects. 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. Other projects completed include a handicap swing to be installed at the City Park and a free hair care/cut day held at the school. 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.
South Central Missouri Cattlemen’s Tour:
The 2011 South Central Missouri Cattlemen’s Tour was held July 25-28. The tour, sponsored by University of Missouri Extension, included 36 participants from 6 counties in south central Missouri and made tour stops in 3 states.

Tour stops included Addison Biological Laboratories in Fayette, MO; The American Angus Association in St. Joseph, MO; Ohlde Cattle Company in Palmer, KS; The USDA Meat Animal Research Center in Clay Center, NE; North Platte Feeders in North Platte, NE; University of Nebraska West Central Research and Extension Center in North Platte, NE; Profit Maker Bulls in Paxton, NE; Heartland Cattle Company in McCook, NE; and Bill Hoertel and Ernie Schlatter Farms in Smith Center, KS.

Grazing Wedge-SARE Grant Project:
The Grazing Wedge is a forage management tool that has been utilized primarily by Dairy Graziers to better manage, utilize and understand forage growth and quality. In 2010, MU Extension/MU Commercial Agriculture Program was awarded a 3 year SARE (Sustainable Agriculture Research and Education) Grant to help implement Grazing Wedge forage management strategies on Missouri beef operations. This was done by selecting “pilot” farms to take weekly forage measurements and forage quality samples of their grazing system and apply that data to the Grazing Wedge management system.

In 2011, a “Grazing Wedge Cohort Group” was organized and 3 farm tour/pasture walks were held at cohort farms. Participants in this Grazing Group learn advanced grazing techniques as well as improved forage and livestock management strategies for their operations.

Grazing Study at MU Wurdack Farm:
In recent years, increases in feed costs and improved markets for heavier weight feeder cattle has spawned increased producer interest in finding methods of adding weight to farm raised feeder cattle. This study, completed during the summer of 2011, evaluated four different grazing systems for optimal animal performance, cost of gains and returns per acre. To see a summary of this research please visit http://aes.missouri.edu/wurdack/

Winter Grazing Workshop:
This program is designed to provide education and training for livestock producers to extend their grazing season by utilizing stockpiled tall fescue as their primary winter feed. Topics covered included how to properly grow stockpiled tall fescue, nutrient requirements of differing classes of livestock during winter, fertilization options for growing stockpile, and allocation and strip-grazing of stockpile. Additionally, participants toured two farms where beef cattle were currently being managed on stockpiled tall fescue as the primary winter feed.

Forage and Beef Conference:
This conference, held annually in Cuba, MO in February, provides education on current management practices and techniques regarding forage/grazing/livestock production for the north central Ozarks. In 2011, this event attracted over 200 participants from more than 14 counties, and featured numerous speakers, as well as a trade show. The Forage and Beef Conference is made possible through partnerships with not only University of Missouri Extension, but also area Soil and Water Conservation Districts, Natural Resources Conservation Service, and numerous other local businesses and organizations that financially sponsor the event.

Quality Systems Assessment (QSA):
This program, developed by the Missouri Department of Agriculture and the U.S. Department of Agriculture, gives beef producers the opportunity to access domestic and foreign export markets that specify cattle must be source and age verified by a third party. The role of MU extension in this program is to serve as the supply evaluator, whereby, on-farm audits are conducted and producers are qualified allowing feeder cattle to be eligible to be sold as “source and age verified”.
South Ozarks Premier Beef Marketing Program (SOPBM):
SOPBM allows producers to cooperatively market beef calves in 50,000 lb semi-truck loads, and receive performance and carcass data which allows them to make management decisions about their cowherds. To date, fifty-two producers have back-grounded twenty-four groups and 10,895 head of cattle in the program. In 2011, producers enrolled a total of 321 head of steers and heifers for the spring and fall commingling groups. Producers involved in SOPBM learn advanced marketing and management techniques for their beef operations, and improve profits from their beef enterprise.

Show-Me-Select Replacement Heifer Program:
The Show-Me-Select Replacement Heifer Program improves herd reproductive efficiencies and farm profitability through increased added value for Missouri-raised heifers. In 2011 a total of 1,129 heifers in Missouri were sold through the Show-Me-Select program grossing over $1.9 million in revenue and averaging over $1,700 per head. In 2011, seven producers from this region enrolled one hundred fifty-four heifers in the SMS program. Two farms from the South Central Region consigned thirty-four heifers in either the Spring or Fall Southwest Sales with the heifers averaging $1,412. A growing number of producers have been utilizing the program to raise quality replacement females for retention on the farm to improve the productivity of their herd.

Missouri Show Me Quality Assurance:
This program is designed to teach young livestock producers the importance of quality assurance, consumer acceptability and demand for meat products. Topics covered include food safety, proper animal handling, and good management practices for their livestock enterprise.

MU Wurdack Farm:
Approximately 800 agriculture students from around Missouri took part in an extensive farm field day and approximately 125 producers attended the annual Fall Field day. The farm also hosted several educational programs/tours including the Management Intensive Grazing Schools, a Winter Grazing Workshop, as well as programs for local schools, organizations, clubs, and organizations, highlighting the ongoing projects, demonstrations and programs at the farm.

Management Intensive Grazing School:
This series of workshops teach livestock producers how to improve management of their forage resources for improved profits of their farming operation. Concepts regarding soil fertility, plant health, forage species and suitability, animal requirements, water resources, fencing, system design, and grazing economics are included in this course. Four Grazing Schools were held locally in 2011, at MU Wurdack Farm, Houston, Rolla, and Vienna

Shannon County Youth Ag Day
A new program was developed in 2011 to serve Shannon County youth in the field of Ag sciences. There are no FFA programs offered in the county. Therefore this program was developed to meet the need of students gaining knowledge of agricultural opportunities in the county. The program was delivered to nearly 100 students from Eminence, Winona, Mtn. View/Birch Tree and Summersville school districts. The all day workshop included programming in the areas of Forestry, Forage and Nutrition, Soils and Water, Agribusiness, Livestock Care and Management, and Resource Conservation and Development. The students were also taken on a field visit to Crystal Creek Farms where they participated in a farm tour and attended workshops consisting of information on cost share programs offered by area agencies such as National Resource Conservation Services and Soil and Water. 100% of the students said they would recommend the program to their friends and hoped the program would be provided again next year. This program brought agricultural awareness to Shannon County students and provided them with an opportunity to explore Agriculture for future careers within their county.
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 through growth in jobs, sales, innovation, technology development and commercialization.

In Shannon County, during 2011, 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 11 people and their companies with business start-up and management counseling, training, and other assistance. In addition, entrepreneurs and business owners in Shannon County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- New jobs: 10
- New businesses: 2
- Loans and investments in business: $150,000
- Acquired assets: $150,000
- Clients/companies receiving business counseling: 11
- Business training attendees and conference participants: 2

Working with the Ozark Heritage Region economic developers which includes those from Douglas, Howell, Oregon, Ozark, Shannon, Texas, and Wright counties, University of Missouri Extension received grant money from the Small Business Administration to continue working with entrepreneur programs in these counties. A program entitled Youth Biz has been ongoing for the past five years. This program teaches entrepreneur skills to high school seniors through funding “hands-on” in-school projects as well as classroom training. Winona High School has participated in the past. These funds were awarded to continue this effort as well as expand the effort to adult entrepreneurs through training programs in all 7 counties. In 2011, this program assisted the Ozarks Small Business Incubator and its partner’s by funding a program called Operation Jumpstart. Additional programs are planned for 2012.

As part of the Youth Biz program, the Extreme Entrepreneur Tour which is a very dynamic youth oriented national program sponsored by the United States Chamber of Commerce is scheduled at the West Plains Civic Center on February 28, 2012. All schools in our 7 county area have been invited to attend. The primary goal these youth programs is to retain youth in our area after graduation from high school or college.
2011 Council Officers

Chair: Armand Spurgin
Vice-Chair: Cole Younger
Secretary/Treasurer: Glenna Brown

2011 Elected Council Members
Gary Nichols  Ronnie Beller
Debbie Beller  Amy Nichols
Annette Nichols  Joline Fisher
Geraldine Rader  Kelly Cermillion
Barb Cowen

Appointed Members
Connie Holland, USDA

Shannon County Extension Staff

Cammie Younger
County Program Director
Nutrition & Health Education Specialist
Kelly Younger
Nutrition Program Associates

Staff Serving Shannon County
Amy Patillo, 4-H Youth Development Specialist
Brenda Bell, Human Environmental Science Specialist
Pat Snodgrass, EFNEP Supervisor
Stacey Hambelton, Ag-Business Specialist
Logan Wallace, Livestock Specialist
Ted Cunningham, Livestock Specialist
Willis Mushrush, Business & Industry Specialist
Sarah Hultine, Community Development Specialist

Financial Statement

Jan - Dec 11

<table>
<thead>
<tr>
<th>Income</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0210 · County Appropriations</td>
<td>5,000.00</td>
</tr>
<tr>
<td>1500 · Postage Alltoment</td>
<td>485.00</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>5,485.00</strong></td>
</tr>
</tbody>
</table>

| Gross Profit | 5,485.00 |

<table>
<thead>
<tr>
<th>Expense</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3100 · Travel</td>
<td>961.98</td>
</tr>
<tr>
<td>3600 · Postage</td>
<td>112.00</td>
</tr>
<tr>
<td>3700 · Telephone Serv - Local</td>
<td>157.95</td>
</tr>
<tr>
<td>3900 · Advertising</td>
<td>135.00</td>
</tr>
<tr>
<td>4400 · Rent/Lease Equipment</td>
<td>483.92</td>
</tr>
<tr>
<td>5100 · Supplies/Services</td>
<td>3,344.93</td>
</tr>
<tr>
<td>5600 · Professional Services</td>
<td>1,800.00</td>
</tr>
<tr>
<td>7000 · Miscellaneous</td>
<td>15.00</td>
</tr>
<tr>
<td><strong>Total Expense</strong></td>
<td><strong>7,010.78</strong></td>
</tr>
</tbody>
</table>

| Net Income      | **-1,525.78** |

State, Federal and County
Funding for Extension

University of Missouri Extension programs in Shannon 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.