Dear County Commissioners, Citizens and Friends:

Thank you for continuing to make University of Missouri Extension successful in providing educational programs for the residents of Warren County. During 2014 extension was proud to celebrate 100 years of providing outreach and education to Missouri citizens. The 2014 Annual Report of the Warren County Extension Council is a summary of programs and activities provided in Warren County. The extension council salutes the many volunteers, community leaders and partners who have given time, talents and financial support to help improve the lives of Warren County citizens.

University of Missouri Extension has the capacity and professional resources to adapt University of Missouri educational programs and resources to Warren County’s local needs and aspirations. Through programs in 4-H, parenting, nutrition, health, food safety, agriculture, community development, business and continuing education, our goal is to make Warren County a better place to live and work.

Our programs and services are available to all. Visit our website at [http://extension.missouri.edu/warren](http://extension.missouri.edu/warren), or stop by the extension center to learn more about programs and services available through University of Missouri Extension.

Our Mission

The mission of University of Missouri Extension is to: Improve Missourians’ lives by addressing their highest priorities through the application of research-based knowledge and resources.

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

- University of Missouri campuses
- Lincoln University Cooperative Extension
- The people of Missouri through county extension councils
- Cooperative State Research, Education and Extension Service of the U.S. Department of Agriculture
- Other stakeholders and partners
December 2014

Dear County Commissioners and Friends of MU Extension:

Over the past year, with a theme of *Celebrating the Past and Building for the Future*, MU Extension marked a century of service to Missouri. While the celebrations have come to an end, the focus on building for the future is strong. The university’s commitment to the mission of bringing relevant, reliable and responsive education to improve lives and local economies is alive and well.

To maintain our position as a valued and trusted resource for Missourians, MU Extension continues to strengthen existing programs, build relationships and explore new opportunities to benefit Missourians. For example:

In the area of agriculture, the Show-Me Select Heifer Replacement program continues to improve the breeding performance of heifers as it helps participants realize record prices for their efforts. Producers from 103 of Missouri’s 114 counties have enrolled heifers in the program. In a record-setting sale, 168 bred replacement heifers sold for an average of $3,033 at the Fruitland (Missouri) Livestock Auction.

Strengthening communities through art, innovation and creativity, Extension’s Community Arts Program is piloting an initiative in Lexington to help the community enhance its image with art businesses and opportunities that reflect the talent of regional artists and benefit a nine-county tourism alliance. The Community Arts Program is also at work in the St. Louis area, overseeing the Saint Louis Storytelling Festival, which engages approximately 25,000 people each year.

Knowing the value of dialogue with those it serves, MU Extension has made a concerted effort with the Mizzou Alumni Association to introduce MU Chancellor R. Bowen Loftin to extension programs, participants, key stakeholders and alumni from all corners of the state. These tour events, which will continue into 2015, are designed to foster understanding and support that lead to a stronger local extension effort across the state.

These are just a few examples of MU Extension’s focus on building for the future and continuing to making an impact in local communities.

I thank you for your support of MU Extension and our efforts in your community. I look forward to our continuing partnership and welcome your ideas for improving our partnership.

Sincerely,

Michael D. Ouart
Vice Provost and Director
University of Missouri Extension provides equal opportunity to all participants in extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability or status as a protected veteran.
MU Extension is Here for YOU...

MU Extension partners with several of the University’s schools and colleges to deliver noncredit continuing education courses, programs and training in a variety of professional trades that contribute to the success of public-sector organizations and private industries throughout Missouri. During 2014, 277 Warren County residents used continuing education to improve personal and trade related skills. Continuing education is offered in areas such as nursing, labor training, law enforcement, fire and rescue training and veterinary medicine. Personal enrichment programs such as Master Gardener and Master Naturalist are also offered.

Fire and rescue training courses were the most attended by Warren county residents with 155 personnel being trained. Training at the Fire and Rescue Training Institute (FRTI) prepares firefighters for medical emergencies, disaster mitigation, hazardous material response and of course firefighting. FRTI has direct effect on the well-being of the 5.9 million citizens living in Missouri. 113 of the 114 counties in the state had personnel trained in 2014 by the Fire and Rescue Training Institute.

Master Gardeners and Community Garden

The Master Gardener Program of Warren County continues to be strong. In Missouri, Master Gardeners volunteer more than 140,000 hours in their communities. Volunteer projects in Warren County consisted of teaching new Master Gardening classes, maintaining the grounds at the Schowengerdt House, and answering simple questions from neighbors and friends. This year the Master Gardeners also helped local residents by providing a location for a community garden. Master Gardeners were on site at the raised bed gardens a minimum of once a week to assist local resident gardeners with any questions or problems they might have.

The Master Gardener Program throughout Missouri promotes and raises public awareness of the University of Missouri Extension as a source of unbiased, research-based gardening information.
2014 Nutrition and Health Highlights

Cooking Matters at the Store
By partnering with the NO Kid Hungry campaign and Share Our Strengths Cooking Matters at the Store tours provide families with hands-on education as they shop for food, giving them skills to compare foods for cost and nutrition. Participants learn how to plan and budget for healthy, affordable, and delicious meals for their families. During 2014 store tours were held for 16 Warren County residents. After attending the program 100 percent of the participants reported improved knowledge, skills or understanding of maintaining a healthy diet on a limited budget. With area food bank use continuing to run at high levels, thrifty and healthy purchases help limited resources go further.

Food Safety
The National Restaurant Associations ServSafe program was offered six times during 2014, training and certifying 13 participants. Participants in ServSafe learn food handling regulations and techniques developed by the Food and Drug Administration that when followed greatly reduce the risk of food related illness outbreaks. Participants reported having a greater understanding of food contamination and procedures that help to prevent contamination of food.

Food Preservation
Current data indicates a large portion of the population is improperly handling food in the home leading to potential bacterial contamination. To help educate Warren County 4-H members about food safety the Food Preservation Camp was held. Fourteen participants spent a Friday evening and all day Saturday learning the proper way to use freezing, dehydrating and pressure canning to preserve foods. All of the participants received hands-on training of each preservation technique and were able to take home samples of their work.

Stay Strong Stay Healthy
Warren County Extension collaborated with the Warren County Senior Center to offer four, 10-week sessions of the Stay Strong, Stay Healthy (SSSH) program. Thirty-one residents of Warren County participated in the program. MU Extension’s Stay Strong, Stay Healthy program is designed to increase aging adults’ access to a safe, structured, and effective strength training program. Over the 10 weeks, participants learn exercises to improve their strength, flexibility and balance. Without adequate muscle mass and bone strength, senior citizens are more prone to falls and are more likely to develop osteoporosis, which currently affects about 55 percent of people over age 50. In the United States osteoporosis-related direct medical expenditures exceed $16 billion annually. Preventive programs like SSSH are vital to maintaining maximum health and reducing overall healthcare costs for citizens and taxpayers alike.

After completing the program, the following statistics were collected; 91 percent felt their health was better, 90 percent felt more flexible, and 90 percent felt they had more energy. A United Way grant helped fund the program.

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

The Family Nutrition Program (FNP) brought $8,872,444.71 in Federal funds to the state of Missouri. These funds were used to provide nutrition education to 1,047,203 food stamp recipients and food stamp eligible citizens of Missouri. 2,605 of these participants reside in Warren County. It also funds 1 full-time job with quality benefits plus expenses for making the programming available to qualified schools and agencies in the county.

Participants in FNP become more aware of nutrition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increase 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.

Evaluation data collected across the entire state reflects the positive impacts that occur in every county with FNEP.

Lauren Richardson, nutrition program associate, served students and adults alike in Warren County. Her programing included visits to Warren County R-3 elementary schools, Crider Health Center, Agape Ministries and Marvin Marks early childhood center.

For youths who participated in FNP, results summarized for the state revealed the following positive impacts:

- Two thousand, five hundred eight (2,508) teachers gave us feedback
- 52 percent have participated in FNP for three or more years
- 98 percent (2,461 teachers) reported one or more positive changes in students after FNP

Adults who participated in FNP also made significant improvements in areas such as healthier food choices, physical activity and food safety.

Business Development

As entrepreneurs and innovators, Missouri’s small businesses are becoming a more diverse group that continues to make the state’s economy productive. Nearly 98 percent of all businesses with employees are categorized as small businesses. In Warren County, during 2014, business development program specialists and business counselors with MU Extension, Missouri Small Business & Technology Development Centers (MO SBTDCC), Missouri Procurement Technical Assistance Centers (MO PTAC), Missouri Environmental Program, Missouri Career Options Project, and the Missouri Market Development program served 25 people and their companies with business start-up and management counseling, training, and other assistance. In addition, entrepreneurs and business owners in Warren County reported the following economic impact and activity as a result of the services provided by the MU Extension Business Development Program:

- 12 new jobs created
- 25 clients/companies receiving assistance or counseling
- 1,112 participants attending events and conferences
2014 Warren County 4-H Highlights

Warren 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, with the guidance of adult volunteers who teach projects ranging from aerospace and arts to veterinary science and cake decorating. Clubs also involve children and teens in community service, camping and educational trips.

In Warren County a community of 163 4-H youth participated in building life skills, engaging in science and connecting to community. 4-H Youth are equipped with the knowledge, skills, attitudes and health for the twenty-first century workforce. 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. MU Extension 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). Youth who earn their bachelor’s degree, increase annual earnings by $2 million over their lifetime (NACUBO, 2012). Based on research sited, if 36 Warren County 4-H participants took part in events on MU campus, over their lifetime they as a group would earn over $50 million more than a group of 36 young people that did not visit a college campus.

4-H Move Across America

Camp Branch 4-H club participated in Move Across Missouri, a 4-H program designed to promote participation in physical activity throughout Missouri. Participants recorded the number of minutes spent each day doing physical activity. Club members recorded traditional exercise activities such as walking, biking, running and swimming. Some members were creative and included activities such as gardening, raking leaves and their daily home chores that required physical activity. Participants earned incentives as they reached specific active minute goals. At the conclusion of the program all participants received a certificate and jump rope recognizing their effort.

Benefits from the program were more than just the physical incentives earned. Participants also received the physical benefits associated with being active, stronger muscles and bones, improved posture, improved heart and lung function and weight management benefits.
2014 Agriculture Highlights

Private Pesticide Applicator Training

The Private Pesticide Applicator Training program is held each year at the MU Extension Center. Rich Hoormann, Extension agronomy specialist, conducts the course.

Pesticide application needs vary by location, the University of Missouri works closely with the Missouri Department of Agriculture to develop up-to-date training materials. Biological as well as chemical controls are discussed during the training. The trainings emphasize the economic, environmental and health benefits of proper pesticide handling.

Each year University of Missouri Extension certifies approximately 900 new applicators and issues recertification to approximately 4,600 agriculture producers.

Livestock Grazing School

A two-day Management Intensive Grazing School was held in April 2014 for the Warren County area. Instructors included Wayne Shannon, Rich Hoormann, and Ken Bolte - University of Missouri Extension; and Tim Clapp and John Turner – Natural Resources Conservation Service.

The MIG Workshop was designed to present all the facets of this type of grazing to producers.

Sixteen livestock producers from throughout area counties saw the benefits of managed grazing through hands-on Farm Tours/Pasture Walks with much input and discussion covering all the positive and negative aspects of what works on a producers farm. Producers learned about Evaluating Farm Resources and Soils, Economic Aspects of Grazing Management, Grazing Management, Forage Quality, Fencing and Water Systems, Livestock Nutrition, Feeding Strategies, Layout and Design of Grazing Systems, and Grazing Calculations.

Participants gained skills to increase the utilization of the forage they produce from 35 percent (continuous grazing) to 65 percent by adopting Management Intensive Grazing. Producers realized the increased utilization can increase income and profits when combined with increased livestock numbers carrying capacity, potential to increase average daily gains, improved pastures, and economically practical fencing and watering designs.

Goat Management Workshop

Goat producers had an opportunity to learn herd health techniques from Lincoln University’s Dr. Charlotte Clifford Rathert. Seventeen Warren County residents spent the day learning body conditioning scoring, and use of the Faffa Malan Chart (FAMACHA) method to detect anemia in goats that may be caused by parasite infection. With the growth of a diverse ethnic population in the region the raising of goats as a food source has seen an increase in the area. Goat production is another way local farmers can add value to their farming operation. Adding a herd of goats to follow cattle in a rotational grazing system can improve forage and provide an alternative income.

2014 Warren County State Fair Farm Family

The Martin family of Wright City were among the 108 families honored during the Missouri State Fair’s Farm Family Day.

The Martin Family was selected as the Warren County Missouri State Fair Farm Family by the Warren County Extension Council and local Farm Bureau. Each year the fair sets aside a day to recognize farm families from across the state who are active in their community, involved in agricultural activities and who participate in local outreach and extension educational programs such as 4-H and FFA.
Warren County Extension Partnerships

In 2014 the Warren County Extension Center has partnered with many organizations in our area. We would like to express our sincere thanks to the following:

*Lincoln University*  
* Warren County Soil and Water Conservation District*  
* Warren County Health Department *  
* Warren County Senior Center *  
* St. Charles Community College High School Equivalency Program *  
* United Way *  
* Wright City Parks & Recreation Department.*  
* Warren County Farmers Market *  
* Wright City Chamber of Commerce*  
* Warrenton Chamber of Commerce *  
* Wright City School District *  
* Local FFA Chapters *  
* Warren County R-3 Schools *  
* North East Community Action Corporation*  

Take Control of Your Finances

Sixty adults participated in Extension Family Financial Education programs in 2014. Over 120 hours of financial education covered areas such as, developing a budget, paying off debt, how to access an annual credit report, saving, and communicating with family about finances.

By applying what they learned, participants minimize the negative effects a slow economy or other financial stress will have on their family.

Many individuals coming for financial education are behind on bills or see that they are dangerously close to being unable to pay for necessities. Quality financial education can help families get and stay current on bills. When families can pay their bills, it helps community businesses stay in business and fuels a stable tax base. Both of which are necessary for economic development in Warren County and for Missouri.

Warren County Budget 2014

Funding for University of Missouri Extension of Warren County

Extension funding is a three way partnership of federal, state and local governments. Federal and state money, through the University of Missouri, pay professional staff salaries, benefits, training costs and part of the communication equipment used in the local office. Local funds provide for operation of the Extension Center, 50 percent of 4-H assistant salary and benefits, secretarial salaries, mileage for staff, telephone, supplies and council costs.

2014 County Appropriation was:  
$49,500.00

Expenses

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http://extension.missouri.edu/warren
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Diverse, Experienced, and Well-Trained Staff

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

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