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. The 2015 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, or stop by the extension center to learn more about programs and services available through University of Missouri Extension.

The mission of University of Missouri Extension is to:

1. 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

Extension Council Secretary
Dear County Commissioners and Friends of MU Extension:

Each year, University of Missouri Extension carries out the University of Missouri’s land-grant mission — bringing the university’s knowledge and research to all Missourians. For more than a century, we have been the “front door” to higher education in Missouri — helping to improve lives and create vibrant, resilient communities.

MU Extension is known as a valued and trusted resource for Missourians, touching the lives of nearly 2.3 million citizens. Our presence in all 114 Missouri counties, coupled with our network of councils, enables us to listen to the needs of communities, and respond with programming that addresses those needs. From our well-known programs in agriculture, nutrition and health, 4-H, and small business development, to lesser known continuing education programs for professionals such as fire and law enforcement training, nursing and medical continuing education and labor education, MU Extension makes a difference with programs that are in demand. The following are examples of program impact.

MU Extension’s Business Development Program helps Missouri entrepreneurs succeed in private enterprise and promotes statewide economic growth. In the past fiscal year, this program helped businesses increase sales by more than $157 million, secure loans and equity of nearly $100 million, create 1,832 jobs, and retain an additional 1,436 jobs. The program also helped to launch 213 new businesses in our state.

Alianza, a joint initiative of MU Extension and the Institute for Human Development at the University of Missouri – Kansas City, provides intercultural training to the growing segment of Latino farmers, and pairs them with the knowledge and services they need to help Missouri meet its agricultural needs.

4-H Youth Futures: College Within Reach, is designed to help high school youths who are not encouraged to attend college realize the benefits of a college degree. Studies show that an individual’s lifetime earning potential increases by an average of $2.3 million with a bachelor’s degree. This program makes a difference for many young people.

Strengthening communities through art, innovation and creativity is the focus of MU Extension’s Community Arts Program. The program’s 2015 St. Louis Storytelling Festival, which brought curriculum to life for 12,000 local school children, shows how extension adds value to communities through engagement with MU.

These examples are a small representation of the many ways MU Extension works to enrich lives, businesses and communities to strengthen Missouri. I encourage you to read the attached annual report to view the impact made in your county. On behalf of MU Extension, thank you for your support and partnership with us to better serve your community.

Sincerely,

Thomas A. Henderson
Interim Vice Provost and Director

University of Missouri, Lincoln University, U.S. Department of Agriculture and Local Extension Councils Cooperating

EQUAL OPPORTUNITY/ADA INSTITUTIONS
Warren County, Missouri

The County at a Glance

- UM Students: 259
- UM Alumni: 1,089
- UM Employees: 33
- Population: 32,667
- UM Salary & Retirement Income: $1,234,456
- UM State Tax Revenue: $45,020
- UM Federal Tax Revenue: $216,217

UM Students from the County in 2015
- 259 students
  - 91 - MU
  - 4 - UMKC
  - 37 - Missouri S&T
  - 127 - UMSL
  - 239 - Undergraduates
  - 20 - Graduates
  - 147 - Full-time students
  - 112 - Part-time students

UM Alumni Residing in the County in 2015
- 1,089 alumni
  - 531 - MU
  - 19 - UMKC
  - 115 - Missouri S&T
  - 424 - UMSL
  - 345 Selected School Alumni
  - 7 - Medicine
  - 64 - Nursing
  - 10 - Health Professions
  - 2 - Dentistry
  - 2 - Pharmacy
  - 1 - Optometry
  - 11 - Veterinary Medicine
  - 106 - Agriculture
  - 131 - Engineering
  - 11 - Law

UM Employees and Retirees Residing in the County in 2015
- 33 people employed by UM
  - 20 - MU
  - 9 - UMSL
  - 4 - UM Health Care
  - 8 UM Retirees and Beneficiaries

UM Services Received in the County in 2015
- 235 patients seen at UM Health Care, with $85,361 of uncompensated care.
- 11 patients seen at the UMSL Center for Eye Care with an average of $66 per patient in uncompensated care.
- 12,512 contacts with MU Extension through MU Extension events held in district counties.

UM Construction Projects involving Vendors located in the County in 2015
- 1 vendor involved with 1 project, for $1 thousand.

UM Alumni Teaching K-12 in the County in 2015
- 83 teachers
- 25% of all county teachers
- 3 principals and administrators
- 13% of all county principals and administrators
MU Extension is Here for YOU...

MU Extension partners with several of the University’s school 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 2015, 119 Warren County residents used MU continuing education to improve personal and trade skills. Continuing education is offered in areas such as nursing, labor training, law enforcement, and fire and rescue training. Personal enrichment programs such as Master Gardener are also offered.

Fire and rescue training courses were the most attended by Warren County residents with 43 personnel being trained. Training with the Fire and Rescue Training Institute (FRTI) prepares firefighters for medical emergencies, disaster mitigation, hazardous material response and of course firefighting. FRTI has a direct effect on the well-being of the 5.9 million citizens living in Missouri. In 2015, all 114 counties had personnel trained by the Fire and Rescue Training Institute.

Master Gardeners and Community Garden

This year the Master Gardeners helped local residents plant and raise produce in 18 raised bed gardens. Master Gardeners were on site at the gardens a minimum of once a week to assist local resident gardeners with any questions or problems they might have. Participants learned how to care for a variety of food producing plants. Information on soil fertility, plant spacing, planting seasons and when to harvest the produce was provided. 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.
Nutrition and Health Highlights

Cooking Matters at the Store

As part of the No Kid Hungry campaign to end childhood hunger in America, Share Our Strength's Cooking Matters at the Store teaches participants to shop smarter, and use nutrition information to make healthier choices. 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 program year 2015, Cooking Matters at the Store tours were delivered to 22 participants in Warren county.

After attending a Cooking Matters at the Store tour, 91 percent reported improved knowledge, skills, or understanding of maintaining a healthier dietary intake; 91 percent reported using skills and knowledge to shop healthier and reduce food costs.

Stay Strong Stay Healthy

Stay Strong Stay Healthy, an exercise program designed for senior citizens continues to be a popular program in Warren County. Four classes of 10 session were held in 2015, average session attendance was 13 participants. Exercises to improve muscle and bone strength are the main emphasis of the program. Improved balance and flexibility are also desired outcomes. Without adequate muscle strength and bone strength senior citizens are more prone to falls that cause them physical damage. After completing the program the following data was collected, 60 percent reported sleeping better. 75 percent felt more confident in daily activities, 88 percent felt more flexible and 90 percent felt they had more energy.

Cooking Matters

As part of the No Kid Hungry campaign to end childhood hunger in America, Share Our Strength's Cooking Matters teaches participants to shop smarter, use nutrition information to make healthier choices and cook delicious, affordable meals. The participants in the six-week Cooking Matters courses are adults, teens and children who want to make healthy meals on a budget. They learn to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals. During program year 2015, Cooking Matters courses were delivered to 18 participants in Warren county. After attending a Cooking Matters six-week course, 66 percent reported improved knowledge, skills, or understanding of maintaining a healthier dietary intake; 70 percent reported using skills and recipes learned to improve their families diet; 66 percent reported using skills and knowledge to shop healthier and reduce food costs.
Family Nutrition Education

University of Missouri Extension’s Family Nutrition Program (FNP) provided SNAP-Ed nutrition education to 6,835 low-income participants in Warren County during 2015. FNP is one of MU Extension’s Family Nutrition Education Programs (FNEP), and teaches information on nutrition, food safety, and physical activity for lifelong health and fitness.

Nutrition education for youth 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.

New gardening curricula have been introduced this year and we are partnering with other agencies to develop school and community gardens.

During 2015, 2,853 youth and 3,982 adults were served through schools, community groups and agencies.

Evaluation data collected across the entire state reflects the positive impacts that occur in every county. For youth who participated in FNP, results summarized for the state revealed the following positive impacts:

- Two thousand eight hundred twenty-six (2826) teachers gave feedback.
- 51 percent have participated in Family Nutrition Education for three or more years.
- 99 percent reported one or more positive changes in students after participating in the nutrition education program.

Participants in the FNEP sponsored Cooking Matters program prepare turkey burgers.

Nutrition Program Associate Lauren Richardson, along with Cooking Matters graduates, Lisa Douglas, Dawn Crawford and Sheila Moore.
Agriculture Programs

Farm Bill Education

The passage of the 2014 Farm Bill sets policy at least through 2018 and includes major changes to farm safety net programs that crop producers rely on for support. United States Department of Agriculture Farm Service Agency (USDA-FSA) and University of Missouri Extension partnered by holding local meetings for farmers and landowners to explain program options and sign-up deadlines.

To be eligible, farmers must have established base acres by crop for the land they farm. Farmers learned about web tools and resources available to them, to estimate the financial implications of their decisions and learned how payments are triggered.

Once farmers established their base acres by crop, they must decide between new program options agricultural risk coverage (ARC) and price loss coverage (PLC). Participants make a one-time, irrevocable decision regarding which program option they choose.

The discussion gave producers the opportunity to think strategically about the farm, its cash flow, its exposure to risk and the means available to manage the risk. It is important that farmers understand their options and how they could affect a farm in different scenarios going forward.

Hands-on computer workshops helped 52 farmers in Warren County become familiar with and utilize web-based decision tools. Individual consultation was key in helping producers make informed decision. By understanding how different options work, farm producers can establish the level of risk protection that best fits their operations through the help of the farm bill.

Private Pesticide Applicator Training

A total of eight agriculture producers from Warren County completed the Private Pesticide Applicator training course in 2015. Growers wanting to purchase and apply restricted use pesticides must have a certified private pesticide applicators license issued by the Missouri Department of Agriculture. Successful completion of University of Missouri Extension private applicator training meets the requirement for the Missouri Department of Agriculture Bureau.

Growers completing the training, learned about Integrated Pest Management, safe use of pesticides for the environment, food systems, water quality, the general public, and best management practices using application equipment. They also learned how to protect farm workers and themselves from exposure to pesticides by use of personal protective equipment.

Missouri producers make better informed pest management decisions as they complete the training. Having access to all of the available pesticides registered for use in the state increases the likelihood of successful control of pests and profitable agriculture business operations.
Agriculture, continued

Management Intensive Grazing School

A two-day Management Intensive Grazing (MIG) School was held April 1 & 2, 2015 in the Warrenton area. Instructors included Wayne Shannon, Rich Hoormann, and Ken Bolte - University of Missouri Extension; and Mark Kennedy – Missouri Forage and Grassland Council, as well as local producers experienced with MIG. The MIG school was designed to present all the facets of this type of grazing to producers. For hands-on experience the program included a farm tour with Ben Avis. Field discussions were conducted including grazing calculations and pasture evaluation. Management Intensive Grazing Schools are the team work of the University of Missouri Extension, Natural Resources and Conservation Service, Soil & Water Conservation Districts and the Missouri Forage and Grassland Council. Lessons were learned from this and previous short courses.

Twenty livestock producers from throughout the Warren County area saw the benefits of managed grazing through hands-on Farm Tours with much input and discussion covering all the positive and negative aspects of what works on a producer’s 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. School participants were divided into teams and asked to design a grazing system for an example farm. Then the team designs were discussed which resulted in a good learning experience for participants as well as some useful plans for the farm.

Participants gained knowledge and 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 with increased livestock numbers carrying capacity, as well as the potential to improve pastures and extend the grazing season while establishing economically practical fencing and watering designs.

Nutrition Program Associate Lauren Richardson, working at the MU Extension nutrition display table during the Warren County Health Fair.
Warren County 4-H serves youth through six organized clubs which offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. One hundred and eighty three members learn by doing under the guidance of sixty-three adult volunteers who teach projects ranging from aerospace to veterinary science. Clubs also involve members in community service, camping and educational trips. The youth of Warren County developed leadership and learning at the following 2015 regional, state, and national activities: · State Teen Conference, 12 members; State Congress, 3 members; · 4-H Summer Camps, 23 youths and 3 volunteers; · State Shooting Sports, 16 members; · State Public Speaking, six members; · Missouri State Fair: 30 exhibitors; 7 demonstrators · National 4-H Shooting Sports, 1 member; · State Livestock Judging 8 members; State Fashion Revue, 1 member; School Enrichment Program (Embryology) 564 students in more than 25 classrooms.

Warren County 4H Clubs
Big Creek
Camp Branch
Country Crossroads
Elkhorn
Homestead
Rolling Stones

Warren County 4-H members participated in 4-H National Youth Science Day (NYSD) the world’s largest youth-led science experiment. Thousands of young people across the nation will take part in this year’s NYSD experiment Motion Commotion, to learn about physics, speed, and safety. In the photograph above Leah Guss, Kenzie Huester and Dylan Hanff design an experiment to measure speed of a model car.

4-H is dedicated to providing the hands-on experience in STEM (Science, Technology, Engineering, Math) to give kids the life skills they need to succeed today and the career readiness to succeed tomorrow. Programs like 4-H NYSD offer youth an opportunity to learn about science in a fun, dynamic way and spark their interest in all areas of STEM.
A sample *Motion Comotion* kit used by 4-ers to investigate speed and safety.

(above) Warren Counties newest 4-H club “Elkhorn” received their charter at this year’s 4-H Recognition night. Pictured are club leader Donna Sherman and club members; Dawn Sherman, Olivia Scales, Thomas Miederhoff, Danny Dothage and Dana Sherman.

4-Hers Jessica Campise (above) and Josephyne Crigger (below) demonstrate the air powered “grippers” they designed and built during Robotics, Engineering Today, class.

(above) Extension council members and families volunteered to serve the buyers dinner meal before the Warren County Fair 4H and FFA livestock auction. Over 500 meals were served.
Extension Partners in Warren County

In 2015 MU Extension in Warren County partnered with many organizations and agencies. 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*  
*Wright City Parks and Recreation Department*  
*Warren County Farmers Market*  
*Wright City Chamber of Commerce*  
*Warrenton Chamber of Commerce*  
*Wright City School District*  
*Warren County R-3 School District*  
*Local FFA Chapters*  
*North East Community Action Corporation*  
*KWRE radio*

Take Control of Your Finances

36 Warren County learners participated in Extension family financial education in 2015. The group included unemployed adults, community leaders and those experiencing financial stress. Participants learned how to take control of their personal finance, to worry less and do more, to communicate more effectively with professionals and how to monitor credit reports. After completing the course participants reported checking credit reports annually and for free, avoiding predatory lenders, and making more deliberate, informed financial choices.

When you support financial education for Warren County people, participants learn quality financial strategies which result in increased success in reaching financial goals, stronger credit reports and better-informed consumer purchasing decisions. This helps lower costs for public assistance programs, reduce debt discharged in bankruptcy and results in more productive employees.

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.

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2015 County Appropriation was: $49,500.00
University of Missouri Extension
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The staff of the University of Missouri Extension is diverse, representing a variety of backgrounds, experiences, and educational levels. Staff members have owned 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.