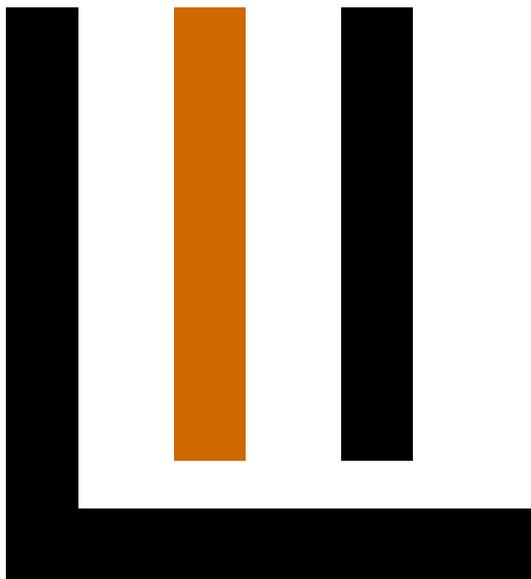


Washington County



Extension

Council

UNIVERSITY OF MISSOURI

 **Extension**

LIVE. AND LEARN

Annual Report

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

Printed February 2006

Dear Friends of Extension:

The Washington County Extension Council is pleased to present this 2006 Annual Report to give you a brief overview of the educational programs conducted for the citizens of Washington County. The success of University of Missouri Extension programming in Washington County would not be possible without the help and support of individual volunteers, groups, organizations, businesses, local and county government officials, and the research-based information provided by the land-grant university system.

We are part of the statewide educational outreach of the University of Missouri System. The Washington County Extension Council, composed of twelve elected and three appointed members, works with University of Missouri Extension to identify issues of wide public concern and assists staff in coordinating educational programs to address these issues. Our goal is to provide lifelong education for everyone in Washington County.

In addition to identifying educational needs, it is the Extension Council's responsibility to administer funds provided by the Washington County Commission for the operation of the Extension center.

We greatly appreciate the continued support of the Washington County Commission and look forward to involvement in the progress, planning and development of Washington County in the 21st Century.

If you have any questions or need additional information, please feel free to call or stop by the office. You are welcome any time!

Sincerely,

Gene Smith
Extension Council Chair

Maudie Kelly
County Program Director



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Office Hours
Monday - Friday
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Visit us on the Web at:
[www.extension.missouri.edu/
washington](http://www.extension.missouri.edu/washington)

Washington County Extension Staff

- ***Human Development & County Program Director - Maudie Kelly***
- ***Horticulture - Tim Horton***
- ***Nutrition Program Associate & Regional Food Power Coordinator - Angela Cook***
- ***Nutrition Program Associate - Andrea Oswell-Holmes***
- ***Youth Extension Associate - Robert Wilkerson***
- ***4-H Youth Development Program Assistant - Dawn Thompson***
- ***Secretary/Office Manager - Kelly Bequette***



Services offered at University of Missouri Extension of Washington County

- ***Hay Testing***
- ***Pesticide Applicator License & Re-Certification***
- ***Soil Testing***
- ***Feed Testing***
- ***Independent Study Course Testing***
- ***Pressure Canner Gauge Testing***
- ***Copies***
- ***Insect Identification***
- ***Consultations***
- ***Plant Identification***
- ***Farm Visits***
- ***Publication Packets***

2006 University of Missouri Extension Council of Washington County

Officers

Chair - Gene Smith (District II)
Vice Chair - Greg Koch (District I)
Secretary - Pam Blair (District II)
Treasurer - Genelle Cole (District II)

Elected Members

Sharon Gibson - District I
Jim Reed - District I
Eyvonne Emily - District I
Lisa Miller - District I
Gerri Skiles - District I

Richard Smith - District II
Melissa Cordia - District II
Sharon Beach - District II

Appointed Members

Randy O'Neil - County Commission
T.R. Dudley - City of Potosi
Doug Short - Farm Bureau

Back To School Fair & Health Fair

In 2006, both HES and FNEP staff attended several county events and brought along with them parenting information, nutritional information, fun, and healthy treats. Booths were set up at the Washington County Back- to- School fair where we handed out informational packets to parents with information about child self-care (staying home alone) and suggestions for healthy snacks, breakfast, and lunches. FNEP was also present at the Richwoods Health Fair and Kingston Health Fair. At each of these fairs, FNEP had games, snacks, nutritional information on healthy snacks, information on the MyPyramid, the importance of eating breakfast, and information on keeping kids and families active.



One of the largest collaborative community events in which we participated was the Washington County Health Fair. This was the 12th year for this event with an estimated attendance of more than 1200 citizens. Other partners in the venture were the Washington County Memorial Hospital, Washington County Community Partnership, Washington County Health Department, Washington County Family Support Division, and Potosi R-3 Schools. Participants were able to have free lab tests, as well as visit more than 50 vendor booths to receive free information on many aspects of health and wellness.

The Children’s Area provided such information and activities as healthy snacks, story time/free books, popcorn, and music for exercise and enjoyment. A new offering this year was the CHIP (child identification) program provided by the Potosi Masonic Lodge in which parents received a CD with digital photographs, fingerprints, dental bite imprints, and child information and emergency contacts.



Impact Statement

Participants of the various fairs were given the opportunity to have fun while learning to be healthy and took home lots of health and nutrition information. The nutritional information given out at the Extension booths will help broaden the mission of FNEP and University Extension. Many participants expressed gratitude over the information that they picked up on the day of the fairs and other information that is sent home from school with their children and were glad that someone is working on helping to make our children healthier. The nutritional information displayed helped give parents and caregivers an idea of how they can help with the FNEP goals at home.

Child Daycare Provider Training

Affordable and available childcare is very important to working parents, but the care also needs to be high quality. This means that their children need to be in environments that are healthy and safe, and meet the needs of their children in the areas of skills related to social, emotional, cognitive, and physical development. Research shows that good training programs can have a strong positive effect on the way providers interact with children in their care. In a continuing effort to help improve the quality of childcare and its providers,



training sessions were held in 2006 for more than 60 providers on topics such as “turning no into yes” and “getting parents on your side”. Sessions were interactive with lots of information on inexpensive activities that can be used to promote the topics.

Impact Statement

9 out of 10 participants rated the sessions as good or excellent, and were able to write down at least one idea from a session that they will use in their work with children. Specific comments included: “Good handouts”, “I realized that I was saying “no” a lot, so I will teach positively”, “AWESOME!”, and “Thank you, I’ve been looking for this one”.

Approximately 13,000 copies of the regional HES (Human Environmental Sciences) newsletter are distributed to families and individuals in the East Central region, which includes Washington County. All regional specialists contribute articles for a bi-monthly newsletter known as *LifeTimes*. It provides research-based, timely information on such topics as good parenting practices, quick nutritious meals, and aging issues. The general purpose of the newsletter is to enhance the quality of life of individuals, families, and communities. It can be received through an e-mail distribution list or through the mail. It can also be viewed on the web at: <http://extension.missouri.edu/ecregion/lifetimes>.

Newsletters/Media

Another regional newsletter, *Quality for Keeps*, is mailed to 476 families in the EC Region to help them learn about the importance of preserving food safely at home and the techniques for doing it. Published April through October, it is also available on the web at: <http://extension.missouri.edu/stcharles/qfk.nl>. Results of a survey in October 2006 indicate that 91% of respondents increased their understanding of food preservation methods and 88% improved their food preservation skills.



In addition, articles are regularly submitted to local newspapers from different regional specialists on a variety of topics. Some of these articles lead to inquiries by phone to the office in an effort to get more information on specific topics. Another successful way in which local residents gain information from/about the Extension office is through “New Baby” and “New Home” packets that are assembled in the office and given to the Welcome Wagon representative to hand out as she visits those families in Washington County.

Family Nutrition Program



FNEP provides programming to low income Missourians by using a variety of programs. One of these programs is the FNP (Family Nutrition Program). This program is funded by the USDA and Food and Nutrition Services through Missouri's food stamp program to University of Missouri Extension. The main focus for this program is children and the adults who support them. The Nutrition Program Associates work mainly in the schools, helping students achieve life long health and fitness.

During 2006, FNEP reached **4020** participants. These participants engaged in lessons including Show Me Chef, Let's Read, Fun with Food and Fitness, Building My Pyramid, Kids in the Kitchen, Farmers Market, Choosing Food for Me, Exploring My Pyramid, Jump into Action, Choices and Challenges, Food Power, Balancing Act, Digging Deeper and Power Panther. We also reached **3801** youth and **219** adult participants in collaboration with County Health Fairs, Farmers Market, Garden and Grow, Ag-Day, and 4-H camp.

Impact Statement

The FNEP program continues to educate youth in making healthy choices. Due to our efforts, teachers are reporting that students behavior changes are: that they are more aware of nutrition, they see them making healthier choices, some are eating breakfast more often, students are more willing to try new foods, hand washing is improving, and physical activity is increasing. Teachers are also reporting that as teachers they are modeling healthy behavior to students, and have also made changes in their own behaviors.

Power Panther

For the second year, Washington County FNEP staff teamed up with other East Central FNEP staff to present the Power Panther Assembly. The Power Panther Assembly once again introduced MyPyramid and hit on important topics such as healthy eating, physical activity, and hand washing. Within the region we had 7 schools participate in the assembly. Of course, Power Panther stole the show and his message of EAT SMART and PLAY HARD was a hit too!



Impact Statement

Students were able to leave the assembly with the knowledge of how important it is to eat smart and play hard. This message helped students to realize that they need to eat healthy foods and get plenty of activity to be healthy and have the energy they need to learn and play. One of our local principals commented that the students had so much fun. She added that our assembly was a great addition to the normal classroom programs we offer. She only wished that we could conduct all of our lessons on stage. She felt that her students learned a lot and would never forget the messages of eating healthy and playing hard.

FNEP Continued



During the year of 2006, Kingston Elementary participated in the Food Power Exhibit. The FNEP staff was on site to help make this event a memorable one for the students.

Students grades K-5 from Kingston and a local private school attended the one day event.

Impact Statement

Participants experience the journey of their food from the farm to the body. When participants leave the exhibit, they have a greater understanding of how food is grown, sent to be packaged and labeled, sent to the cafeteria, and then used by the body. The final message is hand washing. Students understand that germs are invisible and hand washing is one of the solutions for the prevention of illnesses.

Garden - N - Grow

This year FNEP Associates were able to bring nutrition and better eating habits to the students of the Garden-N-Grow program. This program was funded by the Washington County Health Department, which received this grant to support programs in an effort to fight obesity by increasing physical activity and developing healthy eating habits in children.

Impact Statement

Students who participated learned the value of fruits and vegetables in the daily diets, experimented with tasting new foods, and learned the importance of growing something on their own.

Farmers' Market & TOP'S

Once again this year FNEP and other Extension staff teamed up with the Washington County Health Department for the Farmers' Market and the Teen Outreach Program. At the Farmers' Market, FNEP was on site to offer nutrition information and new healthy recipes. The farmers generously donated fresh produce to be used in cooking demonstrations. Each week a new recipe was offered using the produce the farmers had on hand. The Teen Outreach Program is yet another one of the Health Department's wonderful programs. This is an after school program developed to help guide youth in learning to be productive citizens, learn self-worth, prevent adolescent pregnancy, lower school dropout rate, and reduce obesity. The FNEP staff has worked with the students with lessons on nutrition, body imaging, and cooking.



Impact Statement

Participants are given Nutritional information to help develop understanding of how to live healthy and be active. They also learned new skills on healthy body images and cooking.



4-H & Ag Day: The Wild Wild West

At 4-H camp this year Washington County teamed up with 4-H staff and FNEP staff from Jefferson County, St. François County, and Ste. Genevieve County to send campers back in time and man the chuck wagon. Campers put their cooking skills to use by cooking their own meal for one day. The younger buckaroos (Clover Kids) tried their hands in *Fishing for Nutrition*. All campers then played cowboy games which included a watermelon seed spitting contest and a variety of games from the FNEP activity box. FNEP also joined in a collaborated effort with 4-H and other Extension personnel to participate in Ag day. Students in kindergarten and fourth grade from two school districts participated in learning about agriculture. FNEP set up to show the students that food is grown on the farm and that several counties in Missouri produce foods. We then linked the food to the MyPyramid and the students tried their hand in making a healthy snack.



Impact Statement

Participants learned new skills for cooking and learned the importance of being active. Many of our participants had never used kitchen equipment or cooked. The participants now know how to use a peeler, paring knife, measuring cups and spoons, and were instructed in kitchen safety. Participants also can explain where food comes from and how it fits into the MyPyramid.

One of every nine Missourians between the ages of 5 and 18 participated in a Missouri 4-H program in 2006. Research has shown that ongoing participation in extracurricular activities, such as 4-H, can lead to long-term payoffs. Regardless of family background, studies find that teens who consistently participate in extracurricular activities from eighth through 12th grade are 70 percent more likely to attend college. The College Board's Trends in Higher Education Series says that over their lifetime, college graduates will earn an average of \$2.5 million, or \$1 million more than peers with high school educations.

Communities reap long-term benefits by supporting programs like 4-H. Youth engaged in the programs are 60 percent more likely to vote than their non-engaged peers. In addition, 4-H youth are more likely to volunteer and contribute to their communities than youth participating in other youth programs.

Washington County's 10 4-H clubs (183 members) offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from aerospace and arts to veterinary science and sport fishing. Clubs also involve children and teens in community service, camping and educational trips. Washington County 4-H school enrichment programs are short-term educational experiences that supplement learning in the classroom. Most are led by teachers or 4-H volunteers. The most popular 4-H school program in Washington County is Ag Day. More than 400 children participated in 2006, attending several short "classes" to learn about such topics as nutrition, safety, soil & plants, and many others.

Volunteers create, support and are part of the 4-H community. National statistics suggest that the average volunteer contributes 208 hours per year. Valuing their time at \$15.71 per hour, based on average Missouri incomes, the contribution of Washington County 4-H volunteers was worth more than \$285, 292.80 in 2006!

Horticulture in Washington County

2nd Annual Forage & Beef Conference

This past year, we hosted the 2nd annual Forage & Beef Conference in Potosi. We had about 75 farmers in attendance at this event. The topics covered included: Alternative Watering Systems, Local and Federal Cost-Share Programs, Forest Management for Wildlife and Livestock, Marketing Strategies for Beef Producers, Tracking Cattle Using Electronic Identification and a producer panel of 3 area landowners who showcased some soil and water conservation practices they are utilizing on their farms.

Impact Statement



The farmers in attendance had very positive compliments for the conference and many stated that they plan on improving their farming operations because of what they learned at the conference. They are happy to have this sort of educational opportunity in Washington County.

Producer Workshops

Beef cattle and forage production are the primary agriculture enterprises in Washington County. Education is always beneficial to the farmer, so this past year, the Extension Office worked with our local Soil & Water Conservation District to receive a grant to host a number of educational opportunities for area farmers. In 2006, we hosted a Soil Testing & Fertilizer workshop that discussed soil testing for pastures. Farmers in attendance learned how to properly take a soil sample, how to interpret the results and how to use this information to maximize their fertilizer and lime investments. Another workshop we hosted was the Forage Supplements and Alternatives for Beef Cattle workshop. Participants at this workshop learned about animal feed management strategies for times of drought and how to maximize forage production.

Impact Statement

Participants learned that they have a number of forages they can raise to feed their animals, and they learned how to grow, manage and feed out these forages to maximize their cattle's productivity. Participants said they were glad that we could provide them with this source of reliable, un-biased information to help them in their farming enterprises.

This program was funded by the Washington County Health Department, which received a grant to support programs in an effort to fight childhood obesity by increasing physical activity and developing healthy eating habits in children.



The Garden-n-Grow program is a summer gardening program geared toward 9 to 13-year-old youths. This program was taught to 25 children in two groups this past year in Washington County. The class consisted of a 10-week summer course where the

Horticulture Continued

children spent half of each class learning about plant growth, insects, plant health care, soils, seeds, transplants, garden preparation, human nutrition, food value, food needs in the local community and other gardening topics. The second half of each class was spent in the garden where the kids put their knowledge into action and completed the regular tasks of tending a garden. Staff and local volunteers taught this class while our Food & Nutrition Associates used this class to teach nutrition and better eating habits to the students.

Impact Statement

Students learned the value of fruits and vegetables in their diets and “cultivated” other science, math and language skills while experiencing the rewards of gardening and the satisfaction of sharing harvested food with others in need. A portion of the vegetable harvest was donated to a local food pantry.



3rd Grade Environmental Field Day

This program was held in partnership with our local Soil & Water District, MO Department of Conservation, US Forest Service, US Natural Resources Conservation Service and the Washington County Ambulance District. This day of fun and learning was held at the Potosi City Park in September to teach county 3rd graders about the importance of protecting our environment. There were 315 students in attendance from every school in Washington County. The field day was set up so we had 13 stations to allow the children to rotate through each station throughout the day. The kids learned about where our food comes from, animal track identification, agriculture used in everyday life, geology, horses, preventing water pollution, fishing basics, monarchs and other butterflies, soils, forest fire prevention and what to do in an emergency (including an inside look at an ambulance).

Impact Statement



The teachers reported that the subjects fit in with their science curriculums and that the children learned a lot from the field day. We also received many thanks from the teachers for providing this fun learning opportunity for their kids.

Kingston Community School



Kingston Community School is working to incorporate financial planning and preparedness within their curriculum. We have utilized the “Money Matters” component of the curriculum to expand the students’ knowledge of the impact of budgeting and financial responsibility. We have also worked with this same group to offer job preparedness through the use of a curriculum entitled “Tackling the Tough Skills”.

Impact Statement

These programs offered the students more “hands on” activities to better understand the importance of money and conscientious financial decision making.

Children, Youth, and Families at Risk (CYFAR) 2006

The 4-H LIFE program at Potosi Correctional Center continues to operate. The offenders have paid for the enrollment of the youth into the state wide 4-H Program. In addition, the offenders in the organization paid for two youth to attend 4-H Camp this past summer and will offer the opportunity for more youth from the program to attend other 4-H activities. This is accomplished through fund-raising activities at the Potosi Correctional Center. The offenders sell food to other offenders at the institution and use the funds to pay for activities such as enrollment and camp. In addition, the 4-H members have donated money to charities (St. Jude’s Hospital) and to needy families in Washington County through the Community Partnership.

The PCC 4-H LIFE Program was also selected for additional media opportunities this past year. The news media from Video Partners (extension based video service out of CSREES in Washington D.C.) came to Washington County and interviewed program participants, family members, and staff affiliated with the 4-H LIFE Program. In addition, the Daily Journal carried an article on the 4-H LIFE Program and the overall impact of the program on family relationships as part of Father’s Day. The 4-H LIFE Program was selected for replication as a part of the new CYFAR Grant and has been approached by New Mexico State University as a replication project.



Impact Statement

The 4-H LIFE Program has existed at the Potosi Correctional Center for over six years and has demonstrated through the use of evaluation measures to increase the capacity of life skills in youth. The continued media attention on the 4-H LIFE Program has allowed for increased opportunities for expansion and replication of the program.

Youth Education Continued

Restorative Justice Program

The overall goal of this program is for the offenders to attempt to “give back” to the local community through positive activities at the correctional center. Restorative Justice is a victim-focused approach to criminal justice. The Department’s restorative justice initiatives encourages offenders to reflect on the harm caused by their criminal activity and make restoration to victims, the community and their families. Each offender is given an opportunity to volunteer on a reparative activity at their incarcerated location while they are NOT at work, school or treatment. Over the past year, the Restorative Justice group has worked on educational projects for children, an anti-gang violence video for dissemination to schools and creating books on tape for the elderly.

Impact Statement

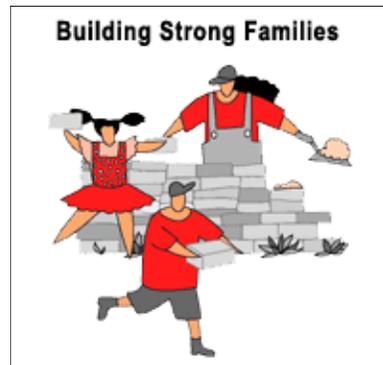
The impact of this program will provide offenders with an opportunity to give back to the community from which they have taken. Restorative Justice Programs will provide an opportunity for local organizations in Washington County to benefit from the work being done by the restorative justice group.

Building Strong Families

Building Strong Families is designed to help families identify their own strengths and learn skills to build on those strengths. The program uses a 13-module curriculum that can be adapted for families of different types and in different settings and situations. This program is being implemented at the Department of Corrections and is contracted for two years.

The offenders currently participating in this program are in the Missouri Re-Entry Process which hopes to prepare them for their release to the community.

In addition, an evaluation of the Building Strong Families/Department of Corrections program is being conducted to determine the overall impact and effectiveness of the program.



2006 Financial Statement & Funding



2006 Washington County Commissioners

Robert Reed - Presiding Commissioner

Todd Moyers - District I

Randy O'Neil - District II

County Appropriation - \$ 43,000

| | |
|---------------------------|---------------------|
| Wages/Benefits | \$ 21,803.50 |
| Travel/Training | \$ 4,093.05 |
| Phone Service | \$ 2,672.43 |
| Equipment Lease | \$ 2,828.28 |
| Postage | \$ 1,750.00 |
| Furniture/Equipment | \$ 3,516.93 |
| Supplies/Services | \$ 5,813.60 |
| Insurance | \$ 156.56 |
| Total Expenditures | \$ 42,634.35 |



State Representatives

Belinda Harris - District 110

J.C. Kuessner - District 152

Senator - Kevin Engler

University of Missouri Extension programs in Washington County are funded by Washington County, state, and federal appropriations. Local funding for support of the Washington County Extension Center is provided by the Washington County Commissioners. They provide office space, funds for office expenses, clerical salaries and travel expenses of extension specialists who conduct educational programs in Washington County.

A special acknowledgement and appreciation is given to the Washington County Commissioners for their financial assistance.

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