

Washington County Extension Council

LIVE. AND LEARN.

**2009
Annual
Report**



UNIVERSITY OF MISSOURI **M** Extension

2009 University of Missouri Extension Council of Washington County

Officers

President - Pam Blair
Vice President - John Held
Secretary - Eyvonne Emily
Treasurer - Genelle Cole

Elected Members

Sharon Gibson - District I
Denise Coleman - District I
Jerry Phipps - District I
Rebecca Bourbon - District II
Myra Shipp - District II
Kay Price - District II

Appointed Members

Todd Moyers - County Comm.
T.R. Dudley - City of Potosi
Richard Smith - Farm Bureau

University of Missouri Extension
Washington County
113 N Missouri - Suite A
Potosi, MO 63664
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Office Hours

Monday - Friday
8:00 a.m. - 4:30 p.m.

Visit us on the web at:
[www.extension.missouri.edu/
washington](http://www.extension.missouri.edu/washington)

Printed February 2010

Dear Washington County Commission and Residents:

The Washington County Extension Council is pleased to present this 2009 Annual Report to give you a brief overview of the educational programs conducted for the citizens of Washington County. This annual report is not intended to give the full scope of all activities in the county. Rather, it is an attempt to provide information regarding the major program efforts through which educational programs are provided to serve the needs of Washington County residents. 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 elected and 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 Office.

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.

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

Sincerely,

Pam Blair
Extension Council President

Lynn Hambleton Heins
Interim County Program Director

*University of Missouri, Lincoln University, U.S. Department of Agriculture
and Local Extension Councils Cooperating
Equal Opportunity/ADA Institutions*

December 2009

Dear Members of the County Commission and the Community:

As we approach the end of another year and the beginning of a new year, I want to thank you for the support you have given to your local University of Missouri Extension Center during these difficult economic times. Your partnership with federal and state government and many other entities through MU Extension has made it possible for:

- Young people to learn life skills that make them contributing, caring members of the community; prepare them with science-based education for higher education and careers of the future; and help them avoid risky behaviors.
- Aspiring entrepreneurs and existing businesses to be more efficient and profitable, thereby helping to strengthen the local economy.
- Farmers and agribusinesses to incorporate new, research-based production techniques and best practices into their operations to improve their bottom line while protecting the environment.
- Families to learn and engage in healthy nutrition, fitness and lifestyle behaviors, which also help them reduce medical costs.
- Firefighters, nurses, law enforcement officers, teachers and others maintain and upgrade their professional skills and certifications.
- Communities to develop local leaders and deal with critical issues in a non-biased, neutral way for the public good.

The funds invested in MU Extension are well-managed. \$11 million in county council funds, combined with other public and private funds, allow us to deliver \$99 million worth of educational programs statewide. While the methods for delivering educational programs continue to evolve – including the Web, videos, social networking media, print materials and face-to-face meetings – the core of MU Extension's mission remains:

"... to improve people's lives, communities and the economy by providing Relevant, Responsive and Reliable Research-based education."

If you have suggestions for how MU Extension can better serve your needs, please contact me or your local extension center.

Sincerely,



Vice Provost and Director



Farming is a complex business and more farm women are becoming active business partners in their operations. According to the 2007 U.S. Census of Agriculture, the number of female principal farm operators in the state of Missouri is 10,818, a 15.2% increase from 2002. Farmland owned by women has increased 7.8% since 2002, accounting for more than 1.95 million acres.

Annie's Project is designed to empower farm women to manage information systems used in critical decision making processes and to build local networks throughout the state. The target audience is farm women with a passion for business and involvement. The curriculum has been refined by agriculture business specialists based upon all areas of agriculture risk: Marketing, production, financial, legal and human resources. This year, 11 women from Washington, St. Francois and Ste. Genevieve Counties completed Annie's Project which was held in Park Hills, Missouri.

Impact: All participants completed personality profiles to learn how to communicate with various personalities. Also, each person completed a balance sheet and learned how to calculate financial ratios. Several women reported that they located various documents such as insurance policies, POD's, and beneficiaries. Participants also composed a mission statement for their farm's business plan.

Profit-Focused Agriculture

Legal Issues for Landowners Education

Legal issues associated with fence law and lease agreements are popular topics for landowners.

Fence Law

Higher land values and the influx of people from the city have made fence and boundary concerns a continuing topic here in Missouri. Many new landowners complete surveys on their property and assume incorrectly that will automatically be the place where the fence goes. The state fence law can be difficult to interpret and few if any attorneys and judges keep up on rural legal issues. Fence and boundary law education remains a critical area of need and is requested numerous times throughout the year.

Impact: Attendees and those whom have individual questions are saved from costly legal advice and in many cases settle conflicts with neighbors on an amicable basis. County commissioners, judges, and other community leaders realize that University of Missouri Extension is a trusted source of information for this and other critical resources. Although this program has been offered for many years, it continues to be one of our most requested.

Farm Leases

High input costs and sky-rocketing land values have caused an intense interest in farm lease questions and information. Many landowners today are not rural residents and as such are not familiar with traditional agricultural practices. Cash rents in Missouri have gone up anywhere from \$15 to \$100 per acre due to these factors and landlords want to be certain they're getting their "fair" share of those rents.

Impact: Participants who attended the Farm Lease Program gained a better understanding about current rental rates and trends, specific items to include in a farm lease, terminating a farm lease correctly, lease hunting issues and crop and livestock share lease concerns.

Other Profit-Focused Agriculture Programs

Various workshops aimed at helping producers become more profitable were held throughout 2009.

These workshops included:

- Soil-testing and fertilizer workshop
- Excel training
- Market outlook sessions
- Agriculture advisory board meeting

Approximately 70 individuals participated in all Profit Focused Agriculture programming in 2009.

University of Missouri Extension Family Nutrition Education Programs (FNEP) reached **3,576** low-income participants with nutrition education in Washington County during 2009. FNEP provides information on nutrition, food safety, and physical activity for lifelong health and fitness. Nutrition education for youth provide 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. In addition, **923** participants were reached at Farmers Market, Power Panther, and School and County Health Fairs.



Impact: 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 and they see them making healthier choices, eating breakfast more often, 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 behavior in the class and lunchroom. Teachers themselves reported that they were more aware of nutrition and were able to make healthier meal and/or snack choices.

Each year, FNEP looks for new sites and new audiences to target for programming. One of our new areas is **Map Night**. Local school districts search for new ideas to support parents and students with the MAP test. In 2009, FNEP joined the Richwoods Elementary team to educate the community on the importance of breakfast and how breakfast helps with higher map test scores. FNEP staff not only spoke to both the students and the parents about the topic of breakfast, but both parents and students were able to make and taste a sample breakfast - "A Breakfast Banana Split".

Impact: Parents along with their students both participated and were brought together to better understand the importance of eating a well balanced breakfast and how breakfast affects students test scores in a positive way.

Eat Smart. Play Hard. Power Panther Partner.

FNEP and other East Central FNEP Extension staff teamed up to bring Power Panther to the Washington County area. Power Panther and his friends Gomer Grain, Val Vegetable, Frizzle Fruit, Milton the Milkman, and the Mighty Meat King paid a special visit to students at Kingston K-14 in 2009. They taught kindergarten through fifth-grade students the importance of making healthy food decisions and the importance of physical activity. The 30-minute interactive performance included information about the importance of breakfast, hand washing, physical Activity, and key messages from all five food groups. Students received coloring pages, activity sheets, and Frisbees to reinforce the message of eating smart and playing hard, while teachers received *Eat Smart. Play Hard.* Lesson from Team Nutrition.

Impact: Students were taught the food groups of MyPyramid, taught to power up with breakfast each morning, and learned to balance their day with food and play.

Valley R-VI Elementary participated in the Food Power Exhibit in 2009.



The FNEP staff helped to make this event a memorable one for all the students. Students in grades K-6 from Valley Elementary attended the one day event.

Impact: Participants experience the journey of their food from the farm to the body. Participants leave the exhibit and 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. Special emphasis is also placed on hand washing and how germs are spread.

Farmers Market & Teen Outreach Program

FNEP staff offered nutrition information and healthy recipes to both youth and adults at the Washington County Farmers Market. Farmers generously donated their fresh produce to be used in weekly cooking demonstrations. Each week, by using in-season produce, families are able to visually see how each recipe is made and are able to take home a new recipe.

The Teen Outreach Program (T.O.P.) is an afterschool program developed to help guide youth in learning to be productive citizens, learn self-worth, prevent adolescent pregnancy, lower school dropout rates, and reduce obesity. FNEP staff took a lead role in presenting nutrition concepts to both Kingston K-14 and Potosi R-3 students with lessons on nutrition, body imaging, and cooking. FNEP programming focused on teaching adolescents healthy lifestyles, including how to eat healthy, cook healthy, and how to make physical activity fun.

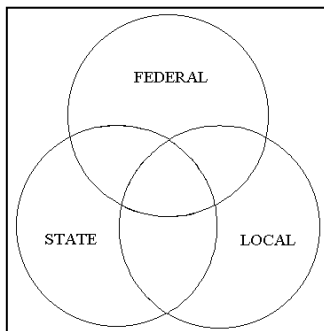
Impact: Participants are given nutritional information to help develop the understanding of how to live healthy and active lives. They also learned new skills on nutrition, cooking, and body image.

- **Human Development & County Program Director - Maudie Kelly**
- **Agricultural Business - Lynn Hambleton Heins**
- **Nutrition Program Associate - Deanna Graham**
- **Nutrition Program Associate - Andrea Oswell-Holmes**
- **Secretary - Kelly Bequette**



2009 Financial Statement & Funding

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.



2009 Washington County Commissioners

Robert Reed - Presiding Commissioner

Todd Moyers - District I

Randy O'Neil - District II

State Representatives

Belinda Harris - District 110

J.C. Kuessner - District 152

Senator - Kevin Engler

2009 County Appropriation - \$ 36,000

Wages/Medical Benefits	\$ 24,319.43
Travel/Training	\$ 1,459.88
Phone Service	\$ 2,394.68
Equipment Lease	\$ 2,930.19
Postage	\$ 0.00
Furniture/Equipment	\$ 0.00
Supplies/Services	\$ 4,701.51
Insurance	\$ 194.31
Total Expenditures	\$ 36,000.00