This Annual Report of the Franklin County University of Missouri Extension Council is a brief summary of the educational programs, activities and services provided to county residents in 2009. Using science-based knowledge, University of Missouri Extension engages people to understand change, solve problems and make informed decisions.

Our citizens set the agenda as local needs and priorities determine program focus. Innovative program areas include agriculture, business and economic development, community development, strengthening families, consumer economics, horticulture, enhancing health and nutrition, protecting the environment, youth development and continuing education. Education is a life-long process and a key to community viability.

As we address the challenges of the future, we appreciate the continued support of the Franklin County Commission, and we salute the many volunteers, community partners, program participants, extension council members and staff who have given their time and talents to impact and improve residents’ lives.

The Franklin County University of Missouri Extension Center serves as a doorway to the University of Missouri Land Grant System and its wealth of resources and information. Please call or stop by our office if you have any questions or would like additional information. We look forward to another successful year.

Sincerely,

Sue Koch, Secretary
William Troutman, Chairman
Kenneth Bolte, County Program Director
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,

Michael D. Ouart
Vice Provost and Director

"MU Extension does economic development in a significant way every day, every year. MU Extension is a huge economic driver—Starting new businesses, driving existing businesses, aiding communities and improving the quality of life in Missouri. Just as the University is an economic engine for the state, so, too, is MU Extension."

—Michael Ouart, Vice Provost for Extension
Ken Bolte, County Program Director  
Agri-Business/Livestock Specialist  
Ken works with new and existing producers with a focus to increase efficiency and net farm income. He also works with the Franklin County Cattlemen and youth livestock programs to enhance food safety awareness and add value to their products.

Matt Herring  
Agronomy/Natural Resources Specialist  
Matt works with farmers to improve cropping practices to increase profitability and maintain environmental quality. He also works with the Franklin County Master Gardeners and the Miramiguoa Master Naturalist Chapter.
Matt served as president of the Missouri Agricultural Extension Professionals in 2009.

Dave Hileman  
4-H Youth Development Specialist  
In addition to his duties as 4-H Youth Development Specialist, Dave Hileman oversees and instructs the Focus on Kids program. Dave is active in Operation Military Kids regionally, and teaches peer conflict mediation in Franklin County schools.

Mary Schroepfer  
Nutrition & Health Education Specialist  
Mary is known for her ability to answer food safety, preservation and nutrition questions. Mary oversees our Child Care Core Competency training programs and is the instructor for Eat Well, Be Well and Stay Strong, Stay Healthy classes.

Janet Stallmann  
Nutrition Program Associate  
Janet is our liaison with local school districts for the Family Nutrition Program, which reaches out to youth through classroom education with the goal to help children make behavior changes to achieve lifelong health and fitness.

Jenny Wallach  
4-H Youth Development Prog. Asst.  
In addition to assisting with 4-H programs, Jenny oversees the embryology program with local schools where "Hatching Chicks in the Classroom" is part of their science curriculum.

University of Missouri Extension—Your one stop source!  
Specialists assist county residents via individual consultations, farm visits, newsletters, publications, radio programs, news releases and are guest speakers at a variety of meetings throughout the year. Providing non-biased research-based information in common sense terms.

"University of Missouri Extension  
How may we help you?"

Franklin County Extension Staff  
Mary Shaw  
Secretary  
Brenda Humphrey  
Office Manager  
Billie Jo Brenner  
Secretary  

2009  
Franklin County Appropriations Budget  

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University of Missouri Extension is a cooperative effort supported by federal, state, and local funds. The University of Missouri receives funding from federal and state governments along with revenue from grants and contracts. These funds are used to support extension staff salaries and benefits and to provide program support, training and materials.
Franklin County Agriculture in 2009

Farmers in Franklin County endured another challenging year in 2009. The year started off wet and continued that way with reported rainfall totaling 52.01 inches. Not a record, but certainly more than our normal 39 inches. Early spring flooding caused planting delays and poor quality forage production due to untimely rains. Grain harvest delays and grain quality issues due to extreme wet conditions made for a challenging fall. Crop yields from grains, hay and pasture were better than expected with above average prices, but quality was sometimes an issue.

Economic forces hit the livestock industries the hardest, especially those involved in pork and dairy production. High feed costs, sluggish demand and abundant supply made for a long year. As our economy improves, hopefully demand and profits will as well.

Soil Testing & Nutrient Management

Nearly 500 soil samples were processed through our office in 2009. The resulting reports were mailed to farmers, gardeners and homeowners. Many who receive the reports have follow up questions on using the information to manage fertilizer nutrients to optimize production.

Eighteen manure samples were processed through our office for nutrient testing. Resulting reports provided farmers with information to make good decisions about where manure was applied and at what rates helping them reduce fertilizer costs.

Franklin County Grazing School

In September, a grazing school was held in cooperation with the Franklin County Soil and Water Conservation District and the Natural Resources Conservation Service. Thirty-five participants learned about grazing, forages, economics water systems and other factors important in developing a grazing system.

Ag Business Management

Business decisions are made each day on farms. Landowners, absentee landowners and tenant farmers were provided information on custom rates, rental rates, leases, ag law issues, estate planning, government programs, marketing and tax management.

Farm Price Outlook – Quarterly meetings were held to give producers insight into crop and livestock price forecasts. Supply and demand information, policy updates, and market trends were used by farmers to develop marketing plans and business strategies.

Government Programs – The new farm bill brought an alternative to the current counter-cyclical payment program. The Average Crop Revenue Election (ACRE) program was explained to area farmers with the assistance of MU Ag Economists and Farm Service Agency personnel. Software was provided to allow farmers to plug in their numbers to aid in making management decisions.

Franklin County Grazing School – Economics of grazing management was taught to 35 participants in cooperation with the Franklin County Soil and Water Conservation District. Completion of this course qualifies producers for cost-share assistance in establishing management intensive grazing systems.

Landowner Issues – In cooperation with representatives from the Missouri Department of Conservation, a meeting on landowner issues was held for 35 participants in Union. Topics included: liability, trespass, landowner rights, establishing quail habitat and the Missouri fence law.

Soybean Production

In cooperation with the Missouri Soybean Merchandising Council a soybean production meeting was held in January with over 45 producers attending. The program focused on soybean herbicides and using precision farming technology. The Missouri Soybean Merchandising Council also provided an update on new uses for soybean.

Pesticide Use: Safety and Scouting

- Locally, 61 farmers received the training required for farmers to receive a private pesticide applicators license. The license is good for five years. Training sessions provide farmers with information on pesticide safety, environmental concerns and proper use of pesticides.

- Integrated Pest Management: Farmers, gardeners, and homeowners have questions about weeds, insect and disease pests and how to best manage them. We work with people to identify pests and then come up with methods for their control. A new pest for farmers in 2009 was the soybean aphid and the Japanese beetle.
Women in Ag
Over thirteen percent of the farms in Franklin County show women as the principal operators. Women in Ag was designed for women involved in, or affected by, agriculture, and others interested in today’s agriculture.

Over eighty women toured display booths and participated in the seminar. Speakers included Mary Schroepfer, Nutrition and Health Specialist, who presented “Updating Your Canning and Freezing Methods” and Chris Chinn, a pork producer from Northeast Missouri, who spoke on “Tips for Telling the Story of Ag and it’s Daily Role in Life”. Chinn told how to deal with neighbors, consumers, the media and anti-animal agriculture groups in a positive way. The meeting was held in cooperation with the Franklin County Farm Service Agency.

Horticulture Education Programs
Partnering with the Franklin County Master Gardeners and Hillermann’s Nursery, Extension did three educational events at Hillermann’s in Washington and another at the Home and Garden Show in Washington. The programs focused on vegetable production and preservation. An average of 75 people attended each session. With a growing interest in local foods and growing our own food, participants had a lot of interest and questions on the topics presented.

Franklin County Master Gardeners
We have an active Master Gardener group that meets monthly with a featured speaker, a tour or a trip planned to provide continuing education for the forty members. To maintain their status as a Master Gardener they are required to give back 20 hours each year in volunteer service in their communities.

Master Gardener volunteers provide horticulture education and community beautification through their efforts. They volunteer 800-1000 hours each year reaching 300-400 people through their educational efforts locally.

“Master Gardeners are a valuable resource for people who want to get some tips on gardening and growing their own food from a real expert.” said Agriculture Secretary Tom Vilsack. “Growing fruits and vegetables in your own garden not only promotes a healthier lifestyle, but helps communities develop a safe, nutritious and sustainable source of food.”

Master Gardener Training
Master Gardener training was held in the fall. Twenty-five participants went through 12 weeks of training on a range of horticultural topics. Participants graduated in December with the expectation to give back to their communities through 30 hours of volunteer service in 2010.

Dairy Profit Seminar
Low milk prices and high input costs made for a bleak 2009 for most area dairy producers. The 2009 Dairy Profit Seminar focused on ways producers could identify and correct problems in their herds.

Topics for the seminar included:
- Update on current legislation designed to assist struggling producers
- How molds and mycotoxins affect feed quality and production
- Dairy Diets: Knowing when to spend money to make money
- Resources to help get into the dairy business
- Overview of the MU Dairy Cattle Reproduction Manual
- Understanding vaccines to raise quality heifers

This was a regional meeting held in cooperation with the Missouri Dairy Association, the Franklin DHI Association and MU Extension. Twenty-three area dairies participated along with various industry representatives.

Klopp Dairy of New Haven received the 2009 National Reproduction Award from the Dairy Cattle Reproduction Council for successfully implementing management procedures to achieve high reproductive efficiency in their herd.

Ag Lenders Seminar
Each year, our Ag Lenders Seminar provides updates to lenders, agri-business and government agencies on a wide range of topics directed at profit focused farming. Our focus in 2009 was Surviving in a Bad Economy.

Extension Economists from the University of Missouri provided updates on crop and livestock price outlook, making the best of the green movement in agriculture, ethanol production update, tax information affecting farms, crop insurance changes, and government loan assistance programs. The program was attended by 22 agri-business professionals.

Master Naturalist Training
The Master Naturalist program was held in cooperation with the Missouri Department of Conservation, it reached 36 people with training that covered a range of natural resource topics.

Participants received about 50 hours of training. Participants graduated in May and will give back to their communities through 40 hours of volunteer service.
**Agriculture and Our Environment**

**Beef Production Systems**

Beef, dairy and horse owners are the primary users of the over 110,000 acres of hay and pasture ground in Franklin County. Beef production continues to be the most common livestock enterprise due to its flexibility with off farm employment opportunities. Many programs are held in conjunction with the Franklin County Cattlemen’s Association. Educational events are designed to improve efficiencies and profitability.

- **Herd Health Seminar** – Maintaining a healthy cattle herd is one of the primary objectives of all cattlemen. A seminar on optimizing herd health was held for over 125 area cattlemen in February. Dr. Craig Payne, MU Extension Veterinarian reviewed vaccination schedules, proper handling and administration of medications and health goals all cattlemen should strive for within their herd.

- **Testing Soil and Forages** – Input costs continue to take a larger share of gross income on all area farms. By utilizing soil testing, farmers can apply the needed amounts of fertilizer to obtain the desired production from their land. Feed is the number one expense on beef and dairy farms. By testing your forages for nutrient content, producers can do a more efficient job of supplementing to achieve optimum performance from their animals. Matt Herring, Agronomy Specialist and Ken Bolte, Agri-Business/Livestock Specialist reviewed soil test and forage test results assisting producers in using these results to reduce costs while improving productivity.

- **Beef Nutrition and Management Workshop** – Dr. Justin Sexten, MU Beef Nutritionist, conducted a workshop for local producers to review nutrition and management tips to become more efficient in the cow-calf business. Dr. Sexten covered basic beef nutrition, body condition scoring and making tough decisions in difficult times.

- **Show-Me Select Heifer Development Program** – Designed to assist producers with heifer development management to improve animal productivity, longevity, and reduce potential problems. Producers also have the option of selling surplus heifers at special auctions for a premium.

- **Franklin County Cattlemen** were awarded the 2009 Excellence Award by the Missouri Cattlemen’s Association as the outstanding county organization in the state. Their recognition came as a result of their beef promotion efforts, youth programs, scholarship awards, and community service efforts. Benefits were held for the Meramec Community Fair Livestock Auction and the Franklin County Honor Flight.

**Show-Me Quality Assurance**

Emphasis is placed on increasing the knowledge and awareness of area youth about food quality issues related to animal production in beef, swine, dairy, sheep, goat, rabbit and poultry. Two different presentations are offered in consecutive years.

The first presentation covers information on daily care and management; animal handling; farm/animal identification; reading feed labels; responsible antibiotic use; and biosecurity. The second presentation provides information on hazard control planning; animal health products; proper injection procedures; carcass quality; carcass values; and show ring ethics.

Long term goals are to train youth in food safety and food quality issues and ensuring consumers they are receiving a safe, wholesome and nutritious product. Six training sessions were held throughout Franklin County in 2009. 4-H youth were enrolled in 587 food-animal projects. Students in FFA attended the training as well. Practicing quality assurance methods will help build consumer trust in our livestock industry, and will show their concern for others.

**The Six Pillars of Character**

Participation in youth livestock projects helps build the life skills youth need for success. These include record keeping, decision making, communication, responsibility, leadership and citizenship.

By raising, exhibiting and evaluating their project animals, youth develop the six pillars of character:

- **Caring** – show concern for others by being kind and compassionate.
- **Respect** – be considerate of others and tolerate differences.
- **Trustworthiness** – be honest, reliable and loyal.
- **Fairness** – share, be open-minded, listen to others and play by the rules.
- **Responsibility** – be accountable for your actions, do your best and persevere.
- **Citizenship** – better your community, respect authority and help others.

Livestock projects often develop into a family project with all members learning from the experience. Applying these valuable lessons builds character in our youth that they may draw on throughout their lifetime.
Youth Livestock Activities

Our goal is to create real life learning laboratories that help youth develop and practice skills they need today, and will continue to need the rest of their lives. The following is a brief summary of these activities.

- **Beef Show Clinic** – held at the Meramec Community Fairgrounds in Sullivan for over 120 youth and parents. Topics included animal nutrition, “What do the Bugs in the Rumen Do”; beef selection, “Selecting for Carcass Quality”; reproduction, “Artificial Insemination and the Cow Reproductive Tract”; and grooming, “What to do at Home and at the Fair”. Bucket calf project members received tips on care and showing of their animals. Youth brought their animals to practice and improve their showmanship skills with assistance from older youth.

- **Livestock Judging Clinic** – Over 30 youth participated in a livestock judging clinic getting expert advice from Katie Maupin and Emily Bardot, veteran Franklin County livestock judges. Selection tips were given for breeding and market animals in beef, swine and sheep. How to take notes and give oral reasons was explained and demonstrated.

- **4-H Livestock Judging Contest** – Many life skills can be learned from participation in judging contests. Livestock judging teaches youth what physical traits are of economic importance, promotes decision making and helps develop public speaking skills through giving oral reasons on your placings. Two classes each of beef, swine and sheep were judged with two sets of oral reasons given. Top finishers in the senior and junior division were sent on to the state contest in Columbia. There were 37 participants.

- **A swine show clinic** was held for 28 exhibitors in Washington. Topics included: nutrition, health, training, show procedures and how to prepare for the fair. A video was shown to demonstrate showing instructions to youth.

- **Assistance with livestock project meetings** covering animal nutrition, health, judging and selection, and carcass evaluation was provided upon request.

### Value Based Marketing

Partnering with the Franklin County Cattlemen, carcass contests were held for market steer entries at the Sullivan and Washington fairs. Measurements were taken on each steer, along with a digital image of its rib-eye. Yield grade and quality grade were then determined. At the results meetings, the resulting data was shared and explained.

Real-world values were put on each carcass with an understanding of how eating quality and retail yield affects value. Over 150 exhibitors and parents attended these meetings.

**Communities Supporting Youth**

Summertime means fair time for area youth in Franklin County. Four fairs, the Meramec Community Fair in Sullivan, Franklin County Youth Fair in Union, the New Haven Community Fair and Washington Town & Country Fair, spotlight area youth and allow them to exhibit their projects for ribbons and prizes.

Two of these, Meramec Community Fair and Washington Town and Country Fair, provide the opportunity for youth enrolled in beef, swine, sheep and dairy to market their project animals for sale.

It is an amazing show of community support, where businesses and individuals purchase project animals for well over market price. At the Meramec Community Fair in Sullivan, 43 market steers, 58 market hogs and one market lamb were auctioned providing a total support to youth of $134,141.60.

At Washington Town and Country Fair, 72 market steers, 97 market hogs, 12 market lambs and four dairy buckets were auctioned providing a total support to youth of $283,644.25.

Most exhibitors use the proceeds of the sale to secure next year’s project animal and pay related expenses, then put the remainder into their college fund for the future. Buyers often donate their purchases to a charity of their choice, which multiplies the positive support to the community.
4-H Clubs and Youth Development

In Franklin County, a community of 3,636 youth participated in University of Missouri Extension sponsored programs learning leadership, citizenship and life skills. One of every six Franklin County residents between the ages of five to eighteen participated in a Franklin County 4-H Program in 2009.

In 2009, there were 22 4-H Clubs located throughout Franklin County, with a total of 712 members. These 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 under the guidance of 288 youth and adult volunteer leaders.

Projects range from aerospace or arts and crafts to veterinary science and shooting sports. Clubs also involve youth in community service, camping and educational trips. Special interest 4-H programs include conferences, camps, fairs, judging contests and other educational activities. They often reach youth with special needs, such as working with children of deployed National Guard and Reserve families.

Life Skills Developed at 4-H Camp

Summer 4-H Camp has been a staple of the Franklin County 4-H program since 1949. There is no question that 4-H Camp is an enjoyable experience, but as with all 4-H programs, the real question is whether participating in 4-H camp helps develop life skills in youth. Franklin County joined several other counties in a two-year study to try to answer this question.

In the effort, campers age 10 to 13 were surveyed about their camping experience. Their parents were also asked if they thought their children had grown. The survey sought to determine if members had grown in life skills relating to Head (managing and thinking), Heart (relating and caring), Hands (giving and working) and Health (living and being). The questions were divided into social skill development, learning to learn skill development, teamwork development, and self-responsibility skill development.

The study concluded that there were several life skill development opportunities for 4-H campers. These include:

- **Social Skill** development such as respecting and accepting differences in others and oneself, ability to make friends, and increased self-confidence. Campers also remarked about ways they more greatly valued themselves as a result of camp as they discovered new found talents, interests, and confidence in themselves.

- **Learning To Learn** skills development such as the importance of paying attention, trying new things, comfort in asking questions, increased confidence in their ability to learn new things, and discovering new strategies for achieving goals.

- **Teamwork Skill** development such as how to work out disagreements, the importance of doing their share of work, improved ability to communicate with others, and being more flexible.

- **Self-Responsibility** skill development such as being on time, completing their responsibilities, improved decision making skills, caring for themselves and their belongings, and being self-sufficient.

Both youth and parents were highly positive about the overall experience of campers at 4-H Camp. Parents noted that their campers showed more confidence since attending camp. Campers stated overwhelmingly that they want to return to camp next year. Parents felt strongly that the benefits of their child’s attendance at 4-H Camp outweighed the cost.

Finally, parents overwhelmingly stated that they were glad they had sent their child to 4-H Camp. In fact, this single statement by parents showed the most positive response of all questions asked with approximately 98 percent in agreement.
Active 4-H’ers excel

A ground-breaking national study has confirmed what we already knew: Kids who are active 4-H members excel in leadership and volunteer service. Equally important, active 4-H’ers report fewer unhealthy behaviors such as drinking, smoking, and other drug use. That’s good news for parents, community leaders and citizens.

The 4-H Study began at the national level in 2002. Since then, nearly 5,000 adolescents from 34 states have been surveyed. In 2007, 338 Missouri youth at 21 sites around the state (including Franklin County) were surveyed. The Missouri students were evenly divided between 4-H and non-4-H participants. Most were in the 8th or 9th grades.

Significant differences were found between active 4-H participants and non-4-H’ers. Active 4-H participation is defined as participating in a 4-H activity at least twice a month. Active 4-H’ers had higher scores on service, more leadership experiences and more adult mentors. Plus, they had lower scores on unhealthy behaviors. Clearly, 4-H is a good investment for kids, parents and civic leaders.

“What projects does 4-H offer?”

The answer is just about anything where there is an interest and a volunteer leader.

Participation in volunteer led projects produces that “Can Do” attitude in our youth!

The top ten individual projects are:

Swine................................. 234 members
Arts and Crafts ...................... 210 members
Archery................................. 197 members
Leadership............................ 160 members
Wood Science......................... 148 members
Beef..................................... 146 members
Horse.................................... 82 members
Photography.......................... 74 members
Cake Decorating...................... 72 members
Poultry................................. 58 members

Shooting Sports is a Popular 4-H Project

More than 300 Franklin County 4-H members enrolled in a 4-H Shooting Sports project under the guidance of 24 specially certified 4-H volunteers. Franklin County 4-H offers Archery, Shotgun, Smallbore Rifle (.22), and Air Pistol projects. As with all 4-H projects, the members join because they enjoy developing skills with the firearms associated with the project. While learning about the subject matter members are also developing life skills including goal setting, self-responsibility, self-discipline, personal safety, problem solving, and much more. These skills are often transferred into the other experiences they encounter in everyday life.

Fifty-five Shooting Sports project members participated in one of the 2009 State 4-H Shooting Sports contests. Many performed well enough to earn individual and group honors at the event. But all learned something about how they handle large competitions and what they could do the next time to better prepare themselves to meet their goals.

Because of the nature of Shooting Sports Projects volunteers must attend a two-day workshop before they can be certified to lead a project. They must return for additional training for each additional discipline they wish to be certified to teach (archery, shotgun, etc.) An important part of the training is an orientation to help volunteers understand the principles of positive youth development, which is the foundation of all 4-H programs. According to Dave Hileman, 4-H Youth Development Specialist, “4-H is in the business of building kids who are “straight shooters”, not kids that can shoot straight.”

Iowa State University
“Targeting Life Skills Model”
Patricia Hendricks, November 1996
Youth Accolades
Eighty-four Franklin County 4-H members participated in a State or National 4-H Contest.

- Lakota Pappan of the Maverick 4-H Club placed first in the Senior State Horse Demonstration contest and represented Missouri at the National Contest in Louisville, Kentucky where she placed 5th.

- The team of Rachel Bardot, Justin Maupin, Lindsay Hinson, and Katie Pinnell placed 2nd in the Senior State 4-H Meats Judging competition. Rachel was second high individual in the contest. All are members of the Rockford Rebels 4-H Club.

- The junior team of Laura Bardot, Ben Bardot, Jacob Dickinson, and Ryan Bardot placed 2nd in the Junior State 4-H Meats Judging competition. Laura was 4th high individual and Ben was 5th. All are members of the Rockford Rebels 4-H Club.

Missouri 4-H Hall of Fame
Two Franklin County 4-H volunteers with a combined total of 69 years of service were inducted into the Missouri 4-H Hall of Fame at a ceremony held on the Missouri State Fair grounds in Sedalia. Norman and Ila Faye Stumpe were nominated for the honor by the Franklin County 4-H Council. Ila Faye has served as a project leader and club leader for the Japan 4-H Club and in a variety of county-wide volunteer roles with the 4-H Council for 43 years. Norman has served as a project leader for 26 years and has been involved in helping with county-wide livestock judging contests.

Ila Faye tells their story: “Forty-three years ago when a neighbor called me to help organize a 4-H Club in the Japan community, I was happy to say yes. Norman and I had been 4-H’ers when we were kids and we knew about all the opportunities 4-H had to offer. Since some of the members went to the Catholic school and some went to public school, the Japan 4-H Club became the organization that brought children and families together in the community. What a delightful situation that has been!”

“We are the parents of six children and they have all enjoyed and learned through the opportunities provided by 4-H. They are all now volunteer 4-H leaders in their 4-H Clubs and their children are members. 4-H is truly a family affair and has given generations opportunities to learn, volunteer, and serve. Thank you 4-H!”

Norman enjoys working with 4-H livestock projects and has a fond memory of coaching a Franklin County 4-H Livestock Judging team that won the right to represent Missouri at the American Royal Livestock Judging Contest in Kansas City. Ila Faye remembers having the opportunity to serve as an adult advisor for a group of 4-H teens who travelled to Washington D.C. for the Citizenship Washington Focus experience. Both volunteers have served Franklin County well and are worthy of being inducted into the Missouri 4-H Hall of Fame. Previous Missouri Hall of Fame inductees from Franklin County are Elizabeth Bruns and Dorothy Stumpe.

- The Junior Livestock Judging Team placed first in the State 4-H Livestock Judging Contest. Team members were Stephanie Holdmeyer, Campbellton Livestock 4-H Club, Emma Knickmeyer and Laura Bardot, Rockford Rebels 4-H Club, and Andi Placht, New Haven 4-H Club. Emma had the highest score in the state and Andi was fourth.

- Hannah Smith, Soaring Eagles 4-H Club placed first in the Junior State 4-H Fashion Revue “Clothes You Make From Cotton” division.

- Sarah Marsch, Soaring Eagles 4-H Club was a finalist in the Senior State Public Speaking Contest in the Prepared Speech Division and placed 2nd in the Dramatic Presentation division.
**Operation Military Kids**

Since 1995 4-H has had a partnership with the U.S. Army to help make youth centers on Army bases more youth friendly and to help staff at the centers provide the life skills development that is the key to all 4-H programs. There is a 4-H club on every permanent Army base all over the world.

Operation Military Kids is a national effort to provide support for deployed military families, with a focus on National Guard and Reserve families. “Regular” military families usually live near a military base where there is lots of support and understanding for the difficulties deployment can present to a family. Guard and Reserve families have much more difficulty accessing support networks, and young people in the families may not have anyone else in their class or school who can truly understand what it is like to have a family member deployed for a year or more.

Dave Hileman, 4-H Youth Development Specialist, gives instructions during a team building exercise at the Soldier for a Day Camp at the Air National Guard base at Lambert Field. The day camps are held for the children of National Guard and Reserve families in the St. Louis area.

**Making Divorce Successful for Kids**

639 parents affecting more than 700 children—age 18 and under

The best research on families of divorce clearly shows that the divorce does not have long term negative affects on children if the parents continue to co-parent the children and establish a low level of conflict between the parents.

**Focus on Kids** provides divorcing and separated parents with information to make divorce successful for the children involved through facilitated discussion on video vignettes and take-home resources. The objectives of the program are to help parents better understand the common reactions and needs of children experiencing separation or divorce, as well as to help parents develop co-parenting relationships. The program is listed in the Association of Family and Conciliation (AFCC) Exemplary Court Programs and Practices publication.

The 20th Circuit Court contracts with Franklin County University of Missouri Extension to use the Focus on Kids program to provide court ordered parent education. The program is required for parents of minor children who have filed for divorce, are seeking to modify a parenting plan, and for never married parents who are not living together. The Focus on Kids program was designed by Child and Family Development faculty at the University of Missouri-Columbia.

The following are some of the comments from the parents in 2009:

- Hearing the children’s thoughts about divorce opened my eyes on how much children are affected in divorce and separation.
- It really helped me understand how to answer my kids’ questions.
- It has helped me deal with the problems and helped both of us work through them.
- This is a wonderful program for parents to help their children.

**Focus on Kids** is coordinated by Dave Hileman, 4-H Youth Specialist. Carol Maune and Maria Polacek, retired Department of Family Services employees collaborate as facilitators.
Eat Well, Be Well with Diabetes

Seventeen individuals completed a four-session series providing nutrition education, food demonstrations, and taste testing of foods for individuals and their families. Individuals learned to count carbs, choose foods low in fat and sodium, use sugar substitutes, read food labels, and manage portion sizes. Participants commented:

- ‘It brought my glucose level down, I walk more and I feel better.’
- ‘Instruction with other newly diagnosed diabetics made me feel less afraid to deal with a new challenge.’
- ‘I really enjoyed everything! The recipes are great! Also, really learned a lot about how the body works and how to control insulin levels better.’
- ‘Very knowledgeable, friendly instructor. Easy to talk to – like sitting in one’s kitchen talking to a friend.’
- ‘It has taught me how important portion sizes should be and how to prepare healthy food for my whole family, I will also no longer fill my plate and say ‘that’s close enough’!”

Food Preservation Workshops

Sixty-six Franklin County residents learned to can and freeze food and prepare sweet spreads in three Food Preservation workshops held in Union, Missouri. Evaluations showed participants found all three sessions helpful.

Training for LPN Students

Students at Washington School of Practical Nursing learned about current research on health and weight issues in a presentation titled Health At Every Size. This class emphasizes the concepts of using healthy eating and physical activity to maintain a healthy weight instead of dieting.

Student feedback provided following the class included that they learned ‘ideal weight’ is a myth, fitness is a more important determinant of health than fatness, and waist-hip ratio is a better indicator of body fatness than BMI. The steps they are going to take to better their health include being more active in daily living, sitting with children at the dinner table, making wiser food choices, and trying not to stereotype large people.

In an additional session, students learned a high percentage of osteoporosis and spinal bifida birth defects can be prevented by adequate consumption of calcium, vitamin D, and folic acid.

Stay Strong, Stay Healthy

A ten-week strength training program, Stay Strong, Stay Healthy, is specifically designed for middle-aged and older adults. Participation in regular strength training exercises can improve older adults’ quality of life and increase or improve muscle mass, strength, bone density and balance.

In 2009 seventy people enrolled in the Stay Strong, Stay Healthy classes in Franklin County. Stay Strong, Stay Healthy classes met at Scenic Regional Library, St. Clair High School, County Seat Senior Center, Zion United Church of Christ and County Government Center in Union.

After the last exercise session, class members completed both a post-assessment of participant’s strength, flexibility and balance, and a class evaluation survey. Participants reported that they felt stronger, had more flexibility, and increased energy.

The exercises include a warm-up, upper and lower body strengthening exercises, and a cool-down. Tests are performed on each participant detailing their level of strength, balance and flexibility before and after the program. Most participants saw their scores for flexibility, strength, and balance improve and cited the following benefits.

- “I feel more energized for the rest of the day.”
- “Knowledge of easy-to-do exercises.”
- “Increased strength in legs and arms”
- “I’m more flexible and energetic.”
- “I have strength training that I can actually do.”

Child Care Provider Training

151 child care providers in Franklin County earned 302 hours while attending a series of six, 2-hour classes set up by the University of Missouri Extension. Licensed child day care providers are required to obtain 12 hours of instruction per year to meet Missouri Day Care Licensing requirements. Session topics included:

- Improving Transition Times
- Child Abuse and Neglect
- Ain’t Misbehaving
- Keys to Happiness
- Working with Active Kids
- Go Green with Gardening Giggles

“I am so glad you have these classes. If you didn’t have these here, I would have to go into St. Louis and they cost more.”

“Discussion on kindness was great!

“I loved all the ideas and will implement them all.”
Quality for Keeps Newsletter

Food safety issues concern every consumer. By the end of the 2009 growing season, 474 Franklin County residents self-subscribed to seven issues of Quality for Keeps Food Preservation Newsletter written by two nutrition and health education specialists. An additional 274 individuals chose to receive the newsletter via e-mail each month. Topics covered included: solving canning problems, storing canning equipment, unsafe canning methods, freezing baked delights, cranberries, pears, salsas, apples, relishes, canned soups, green beans, blueberries, and sweet spreads.

In a post-season survey, 100% of participants returning surveys agree or strongly agree that the newsletter topics were of interest to them, increased their understanding of food preservation methods, and made them more aware of safety when preserving fresh fruits and vegetables. Ninety seven percent strongly agree or agreed that the newsletter helped them improve their food preservation skills. Readers said:

ператор

“"My grandmothers, mother and I used to use open kettle canning (not for vegetables), now we use boiling water bath.”

“"Yes, I didn’t realize until I read these for two years that I had to be very accurate for canning food preservation recipes. I also learned that older recipes may not be safe to use today, or that I shouldn’t just use my own personal recipe for canning (instead I froze that).”

“"I always enjoy your publication & print it out for saving throughout the year. Keep up the great work!”

In addition, 16 pressure canners were tested for safe operation in 2009. Nine canner gauges passed, and the seven which failed were recommended for replacement or adjustment. Pressure canner gauges are tested for accuracy at the Extension Center. MU guide sheets with current canning and freezing recommendations are available to the

Head Start Teacher and Staff Training on Obesity and Physical Activity

Sixty-five Head Start early childhood teachers and food service staff learned about the effect that obesity and inactivity have on the health and fitness of young children. Participants explored nutrition and fitness information in small groups.

One teacher noted, “Although we as teachers have knowledge of serving sizes and healthy foods, the group still brought regular sodas (huge size), & chips for snacks during training. We need to be better role models.” Another teacher said: “The more fun the exercise, the more likely you and others are to do it.”

Family Nutrition Education Program

The Family Nutrition Education Program (FNEP) reached 3,734 low income students with nutrition education in Franklin County during 2009. FNEP provides information on nutrition, food safety and physical activity for life-long health and fitness.

Nutrition education for youth provides information in child-friendly terms and lessons with hands-on activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health.

Participating schools include: Coleman Elementary, St. Clair Elementary, Sullivan Elementary, Strain-Japan Elementary, Clark-Vitt and Central Elementary in Union.

Power Panther

A nutrition skit given at school assemblies taught 565 students at Strain-Japan Elementary and St. Clair Elementary the importance of making healthy decisions about food and 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.

Food Power

Food Power, an interactive nutrition experience, taught 794 students in South Point and Clearview Elementary schools in Washington about the importance of healthy food choices and regular physical activity with the help of community volunteers and FNEP staff. As students travel the path food takes from the farmer’s field to the sports field, they learn where the food they eat comes from and how it gives them the energy to grow and play.

Muscles: Students test their flexibility and feel their heart rate increase after exercise. Students learn that choosing healthy foods and exercise are important for their heart and other muscles.
Starting a Small Business: The First Steps, a three-hour class providing an overview of the critical first steps associated with starting a business was held in December. Participants learned to assess their strengths and weaknesses in terms of business ownership, they learned about the importance of planning, discussed legal and regulatory requirements, and how to identify sources of funding.

Confidential Counseling in developing business plans, improving or creating products, developing markets, setting up accounting procedures, finding financing and managing personnel.

Training Programs for owners, managers and employees customized to your business needs for a nominal fee. Popular topics: inventory planning, taxes, advertising, supervision, record keeping, management decision making, stress and time management, and communication. Onsite workshops can be arranged.
Continuing Education

The Center for Distance and Independent Study provides self-paced, online independent study courses at every level – from elementary grades through graduate study – as well as non-credit courses. Students enroll year-round and have nine months to complete each course. Through the CDIS & MU High School, students can supplement classroom learning or complete a high school diploma. In FY2009, 56 enrollments in Center for Distance and Independent Study courses and 21 in the MU High School were from Franklin County.

MU Direct: Continuing and Distance Education meets the needs of adult learners by offering high-quality credit and non-credit University of Missouri programs in flexible formats. In FY2009, MU Direct worked with 12 schools and colleges to offer nearly 40 degree options and many individual courses to adults in 49 states and international locations, totaling 8,704 enrollments in 534 courses. Except for an evening bachelor’s degree program, three online bachelor’s degree completion programs, and one online Ph.D. program, the degree options offered are at the master’s level and are either completely or partially online. For more information see: http://mudirect.missouri.edu/

In Franklin County, 78 learners participated in MU Direct courses.

University of Missouri Extension’s Fire & Rescue Training Institute (MU FRTI) is charged with the responsibility of providing comprehensive continuing professional education and training to Missouri’s fire service and emergency response personnel. MU FRTI has a direct impact on the well-being and protection of Missouri’s 25,000 firefighters and the 5.8 million citizens they serve. Courses prepare firefighters for medical emergencies, hazardous materials response and acts of terrorism, as well as fires. In FY2009, 204 enrollments came from Franklin County. For more information see: http://www.mufrti.org/index.shtml

The Missouri Training Institute (MTI) in the Trulaske College of Business provides continuing education, custom-designed training programs and business consulting services for business and industry, public and non-profit organizations, and educational institutions. Training programs include subjects such as human resource management, supervision, management, leadership, team building, effective decision making and generational differences. MTI’s consulting services include HR, strategic planning, board development, facilitating board retreats and more. In FY2009, Ten enrollments in MTI programs came from Franklin County. For more information, see: http://mti.missouri.edu

In Franklin County, Ten enrollments in MTI programs came from Franklin County.

MU’s Nursing Outreach and Distance Education program serves a predominantly rural healthcare audience with high-quality, affordable continuing education on such topics as chronic disease and gerontology. Nurses from 94 (82 percent) of Missouri’s 114 counties and the City of St. Louis attended continuing education programs sponsored by MU Extension. In FY2009, 1,867 Missourians participated in a nursing outreach program, 14 in Franklin County. For more information see: http://muhealth.org/~nursing/node/

LifeTimes

This quarterly newsletter provides timely articles and information on health, parenting, family relationships, aging, food safety and money management. LifeTimes is delivered to over 500 households in Franklin County. Residents may also access the newsletter via the internet on our website: extension.missouri.edu/region/lifetimes.
University of Missouri Extension and You

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.*

Your local University of Missouri Extension (MU Extension) office is a one-stop source for practical information on almost everything!

University of Missouri Extension has its roots in the federal acts that enabled the university to deliver the practical benefits of education and scientific research to the people to improve their economic prospects and quality of life.

The **Morrill Act of 1862**, established the University of Missouri as a land-grant university. The act gave grants of land to states with the provision that proceeds from the sale of those lands be used to establish public colleges or universities to educate citizens in agriculture, home economics, mechanical arts and other practical professions.

The **Morrill Act of 1890**, which established Lincoln University, provided additional funds to ensure that the land grants were open to all citizens without regard to race.

The **Smith-Lever Act of 1914** established the Cooperative Agricultural Extension Service, a partnership among federal, state and county governments allowing universities to extend their programs to all people - *not just students*.

MU Extension offers more than Agriculture and 4-H programming. Extension also offers programming in **Business** and **Workforce Development, Community Development, Human Environmental Sciences** and **Continuing Education**. In fact, all of these program areas are available to you.

The role of MU Extension specialists is to use unbiased science-based knowledge to engage people in understanding change, solving problems and making informed decisions.

Want to know more about us or just need a guide sheet?
Go to MU Extension website:
http://extension.missouri.edu/franklin