



Harrison County



Mizzou



University
of Missouri
Extension

Harrison
County
2016
Annual
Report

HARRISON COUNTY'S
CONNECTION TO
THE UNIVERSITY OF MISSOURI

Equal opportunity is and shall be provided to all participants in Extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability or status as a Vietnam-era veteran. This policy shall not be interpreted in such a manner as to violate the legal rights of religious organizations or military organizations associated with the armed forces of the United States of America.

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January 5, 2017

Dear County Commissioners and Friends of MU Extension:

The past year was a busy one for University of Missouri Extension. As a long-time extension professional and newcomer to Missouri, I have found the support from people like you to be remarkable. Missouri is a special place with a promising future.

Through the efforts of faculty, staff and amazing volunteers, MU Extension connects millions of Missourians with knowledge they put into action in their daily lives. Using a range of learning experiences, we reach people of all ages and backgrounds, in every corner of the state.

In response to direct input received from local councils and the unique nature of each county, extension programs vary slightly across the state. This strength of local flexibility and public engagement enables county-based Mizzou faculty to provide local learning experiences that improve lives and community vitality. For example:

MU Extension business specialists helped local Missouri businesses achieve sales increases of \$186 million while creating or retaining 7,766 jobs.

Helping assure access to health care in local communities, MU Nursing Outreach made it possible for 2,094 nurses keep their skills up to date.

Our 4-H youth development specialists and other extension team members worked with volunteers and community leaders to reach 269,000 youths ages 5 to 18 across the state.

Anticipating the needs of Missouri's aging farm population, extension faculty developed workshops that target estate planning, succession and retirement planning specific to farmers.

These are just a few examples of how Mizzou's commitment to extension and engagement benefitted Missourians this past year.

In the interest of better serving Missourians, we are conducting a statewide needs assessment. It will include extensive input from local communities and stakeholders. It will result in stronger alignment between extension programs and local needs.

I encourage you to read the attached annual report from your county office to gain an understanding of how MU Extension has worked this past year to serve your community.

Your support of MU Extension and our efforts in your community is greatly appreciated. As always, I welcome your input on how the University of Missouri can better serve the people.

Sincerely,



Marshall Stewart, Ed.D.
Vice Chancellor for Extension

A Note from University of Missouri Extension in Harrison County

2016 Harrison County Council Members

Robin Frank, Chair
Sally Anton, Vice chair
Tim Hill, Secretary
Jennifer Prest, Treasurer, 4-H,
Farm Bureau Representative

Jim Holcomb, County Commissioner
Rebecca Prest, Youth Representative
Timothy Heintz, Youth Representative
Richard Morgan, MFA Representative
Verna Herzog, City of Bethany
Representative
Shana Burrows
Fred Bennett
Violet Ellsworth
Leon Hicks
William Hill
Shelly Kinne
Bruce Wallace

Office Staff

Janet Hackert
Nutrition and Health Education Specialist
County Program Director
Micah Doty
Nutrition Program Associate
Bart Skroh
Youth Program Associate
Marcia Evans
Office Manager

Dear County Commissioners and residents of Harrison County,

We are pleased to present you with this 2016 annual report highlighting some of University of Missouri Extension's programming in the county.

MU Extension is the statewide outreach of all four campuses of the University of Missouri and Lincoln University. MU Extension staff provide educational resources to help citizens apply researched knowledge to solve individual and community problems.

Through conferences, short courses, workshops, one-on-one consultations, printed and recorded materials, mass media and social media, the MU Extension team brings to the public practical information in six program areas:

4-H Youth Development
Agriculture and Natural Resources
Business and Workforce Development
Community Development
Continuing Education
Human Environmental Sciences

These solutions in Harrison County are made possible by the financial and programming support of the University of Missouri, Lincoln University, U.S. Department of Agriculture, County Commission and the County Extension Council. Our impact relies on the additional support of individual volunteers, groups, agencies, organizations and businesses.

We appreciate all those who made 2016 such a big success in improving people's lives and we look forward to continuing this effort together. We hope this report increases understanding about what University of Missouri Extension has done in Harrison County in 2016.



Robin Frank
Council Chair



Janet Hackert
County Program Director

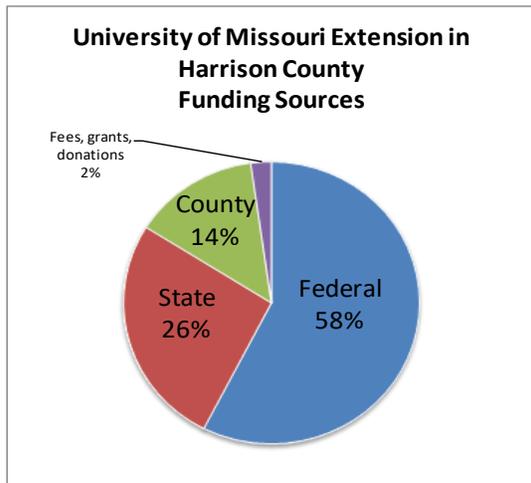
Extension Council Roles and Responsibilities

The Harrison County University of Missouri Extension Council serves as a governing body for MU Extension programs in the county. Their responsibilities include:

- Making recommendations and suggestions to the University concerning extension programs.
- Making recommendations and suggestions to the University concerning the appointment or removal of extension personnel.
- Arranging for and administering the county's share of the cost of the extension services over which the council has jurisdiction.
- Receiving, holding and/or selling real and personal property reasonably required for the extension program.

Financial Update

Federal and state funds provide salaries and benefits for professional staff assigned to the county, expenses for professional development, official mail and cost-sharing on computer technology. The University also provides educational materials and faculty support for extension programs.



2016 Financial Statement Harrison County Extension	
Income	
County Appropriations	\$25,000.00
Balance Transfers	<u>1,470.66</u>
Total Income	\$26,470.66
Expenses	
Salary and Payroll	\$16,149.47
Payroll Expenses	1,286.14
Non Payroll Salaries	4,771.16
Travel	1,066.22
Postage	100.00
Telephone - Local	530.15
Telephone - Tolls	175.78
Rent/Lease Equipment	1,268.03
Supplies/Services	401.36
Council Expenses	25.00
Other Contract Services	400.00
Insurance	178.00
Extension Council Election	<u>119.35</u>
Total Expenses	\$26,470.66



**We would like to thank Harrison County Commissioners
Jim Holcomb, Jack Hodge and Rick Smith
for their ongoing support of
University of Missouri Extension in Harrison County.**

4-H YOUTH DEVELOPMENT

Focusing on citizenship, healthy living, science, engineering and technology and connecting kids with caring adults.

4-H YOUTH
DEVELOPMENT
SPECIALIST
BECKY SIMPSON



YOUTH PROGRAM
ASSOCIATE
BART SKROH



Number of Harrison County Learners	How Do Volunteers Contribute?	What Did They Learn?	What Action Did They Take?	How Does This Make Harrison County and Missouri Better?
<p>93 4-H youth members</p> <p>32 trained volunteers</p>	<p>Volunteers create, support and are part of the 4-H community. Missouri 4-H volunteers responding to a survey report they contribute on average 100 hours per year. Valuing their time at \$21.31 per hour, based on average Missouri incomes, the contribution of Harrison County 4-H volunteers was worth more than \$68,192 in 2016. More important, these adults serve as mentors for our youths helping them transition into healthy adulthood and that is priceless.</p>	<p>Harrison County 4-H is a community of young people learning citizenship, leadership and life skills. The 4-H program aims to educate youths in arts and sciences and to encourage belonging and service to communities. 4-H continues to develop new projects beyond agriculture and animal husbandry, including photography, public speaking, shooting sports, computer programming, filmmaking, robotics and other interests. Through club meetings, camps and educational trips Harrison County 4-H is offering life-long learning opportunities.</p> <p>Regional and state event attendance:</p> <ul style="list-style-type: none"> • 4-H Summer Camps: 15 • Camp Counselors: 5 • Clover Kid Camp: 2 • Livestock Judging: 8 • Regional Energizer: 8 • State Fair Showing and Demonstration: 15 • Harrison County Shooting Sports: 15 	<p>The 4-H Study of Positive Youth Development, an ongoing longitudinal study which began in 2002, discovered some measurable differences between 4-H members and their non-4-H peers.</p> <p>Compared to non-4-H youths, 4-H youths are:</p> <ul style="list-style-type: none"> • 41 percent less likely to engage in risky behaviors. • 70 percent more likely to participate in science, engineering or computer technology programs. • 40 percent more likely to pursue science, engineering or computer technology courses or careers. • 70 percent more likely to go on to college. • 20 percent more likely to graduate from college. • 25 percent more likely to positively contribute to their families and communities. 	<p>4-H youths are more connected to college campuses and faculty than their non-4-H friends. MU Extension 4-H connects 8,700 young people to University of Missouri campuses. Being on campus is a predictor of youths going on to higher education¹. 4-H youths are nearly twice as likely to go on to college².</p> <p>Youths who earn their bachelor's degree, increase annual earnings by over \$2 million over their lifetime³. If 50 percent of the Harrison County members participating in 4-H events on the University of Missouri campus go on to earn their bachelor's degree, 4-H would help young people earn \$93,465,000 more in lifetime earnings.</p> <p>Missouri 4-H members learn to use their talents to engage in their communities. Young people in 4-H are engaged in twice as many leadership roles than their non-4-H peers. This provides them with the experience in problem-solving to step up and lead in a complex, changing world. In Harrison County, 93 youths were engaged in leadership and service experiences in their communities.</p>



Bart Skroh and Pat Wood instruct youths in leatherwork.

1. Hoover, E. (2006). <http://chronicle.com/weekly/v52/i33/33a04902.html/>
 2. Lerner, R.M., Lerner, J.V. (2011). <http://www.4-h.org/about/youth-development-research/>
 3. National Association of College and University Business Officers. (2012). http://www.nacubo.org/Research/Research_News/Lifetime_Earnings_College_Graduates_Still_Earn_More.html

4-H YOUTH DEVELOPMENT: Members learning what they need to be adults.



4-H environmentalist.



Grant Taylor won fifth in the Nation for Sheep and Goat selection.



Harrison County youths learned lots at Camp Crowder.



Many 4-H members' projects went to the Missouri State Fair.

HUMAN ENVIRONMENTAL SCIENCES

Providing information on nutrition, food safety, and physical activity for lifelong health and fitness.

NUTRITION PROGRAM ASSOCIATE
MICAH DOTY



Number of Harrison County Learners	What Did They Learn?	What Action Did They Take?	How Does This Make Harrison County and Missouri Better?
<p>Family Nutrition Education Programs</p> <p>Direct contacts: 773 youths 66 adults</p> <p>Indirect contacts: 969</p> <p>In 2016, Family Nutrition Education Programs (FNEP) provided nutrition education to low-income youths and adults at:</p> <p>Cainsville, Gilman City, North Harrison, Ridgeway, and South Harrison elementary schools.</p> <p>Cainsville Medical Clinic.</p> <p>Harrison County Food Pantry.</p> <p>Harrison County Food Stamp Office.</p> <p>Harrison County Health Department.</p> <p>Hy-Vee.</p>	<p>Elementary students participate in kid-friendly lessons where they learn through taste-testing healthy foods and by practicing skills that lead to good health, such as:</p> <ul style="list-style-type: none"> To be more aware of nutrition. To make healthier meal and/or snack choices. To be more willing to try new foods. Improved hand washing. Increased physical activity. <p>Education for adults includes classes and other face to face contacts where they learn:</p> <ul style="list-style-type: none"> Nutrition. Food safety. Physical activity. Food budgeting. 	<p>During a Change Your Label Lingo, Healthy Change workshop at the Harrison County Health Department, adults learned how to find ingredients and nutrition facts on a label so they could determine foods that are healthier choices. Micah Doty took a can of low-sodium black beans and had participants read its nutrition facts label. She also made a low-sodium black bean and corn salsa for participants to try. They discovered it was a healthy snack since it was low in sugar, salt, and fat. It also contained a variety of vegetables with different vitamins and minerals. The group decided they would make this salsa for afternoon snacks for work.</p> <p>Doty's educational interactions with adults often have a ripple effect to their families and communities. She shared a mini-lesson on food safety with Harrison County Food Pantry patrons. She talked about how a little contamination with food-borne pathogens can multiply and grow quickly at room temperature, emphasizing the two-hour rule. When one woman saw the bags of beans she used to demonstrate this growth, she immediately took a photo of it and extra copies of all the handouts to share with her adult children who had had trouble with food-borne illnesses. Seeing is believing, and believing and understanding is the first step to making a change for a safer, healthier food supply.</p>	<p>The Family Nutrition Education Programs (FNEP) brought \$8,582,289 in federal funds to the state of Missouri. These funds were used to provide nutrition education to 951,652 food stamp recipients and food stamp eligible citizens of Missouri.</p> <p>Participants in FNEP become more aware of nutrition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increase their physical activity and in general make healthier food choices. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important programming effort serves to reduce health care costs over the participant's lifetime, saving taxpayers money in reduced public health care benefits and insurance premiums.</p>



Micah Doty (right) serves healthy recipe sample at Harrison County Food Pantry.

HUMAN ENVIRONMENTAL SCIENCES

Empowering families with the skills, knowledge, and confidence to prepare healthy and affordable meals.

NUTRITION
PROGRAM
ASSOCIATE
MICAH DOTY



NUTRITION AND
HEALTH EDUCATION
SPECIALIST
JANET HACKERT



Number of Harrison County Learners	Topics	What Did They Learn?	What Action Did They Take?	How Does This Make Harrison County and Missouri Better?
<p>Cooking Matters for Adults</p> <p>Eleven women Two men</p> <p>78 contact hours.</p> <p>The class was offered in partnership with the Cainsville school and City of Cainsville. It is sponsored by the Family Nutrition Education Programs and Operation Food Search.</p> <p>Evaluation data are based on the 11 participants who completed both a pre- and post-survey.</p>	<p>Healthy cooking basics</p> <p>Choosing and using fruits, vegetables and whole grains</p> <p>Healthy starts at home</p> <p>Power of planning to make the most of meals</p> <p>Shopping smart</p> <p>Recipe for success</p>	<p>Participants learned skills needed for making healthy meals and snacks, such as cutting fresh produce in various ways (dicing, mincing, slicing, cubing), depending on the recipe. Knowing the right knife to use for the task, they reported, was especially useful in reducing meal preparation times.</p> <p>They also reported learning more about new spices and herbs that they were not used to using, such as cumin, thyme, ginger and paprika, and how to use them to make flavorful, but low-salt options. One participant who did not like to use low-sodium tomato sauce before, learned how to add seasonings to make a pizza sauce. She tried it at home and her family loved it. She said, "Adding the spices makes it good, much better than what I did before."</p>	<p>All eleven participants who completed both the pre- and post-survey reported that they had used the groceries they received each week to make the recipes made in class.</p> <p>One participant wrote on an exit survey, "I was 254 pounds and now am at 241 pounds. I am making smarter choices for eating and cooking in general."</p> <p>When asked in the post-survey how this class has affected their lives, participants responded:</p> <ul style="list-style-type: none"> • Made it easier to watch what I eat, eat healthy foods more, use healthier recipes and control how much I eat. (55 percent, 6 of 11) • It has helped me be more aware of labels, checking them more. (36 percent, 4 of 11) 	<p>On the post-survey, all (11 of 11) participants responded that they would share what they had learned in the class with family or friends. One even wrote, "I already have."</p> <p>Participants in Cooking Matters for Adults classes become more aware of nutrition, make healthier meal and snack choices, eat breakfast more often and in general make healthier food choices. Those who practice healthy eating behaviors are more likely to enjoy a high quality of life as an adult. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important programming effort serves to reduce health care costs over the participant's lifetime, saving taxpayers money in reduced public health care benefits and insurance premiums.</p>



Participants work together during a last session celebration to prepare healthy recipes because Cooking Matters for Adults.

HUMAN ENVIRONMENTAL SCIENCES

Partnering with Community Action Partnership of North Central Missouri (CAPNCM) to help men and women make their homes safer and healthier and their families stronger.

HOUSING
SPECIALIST
CONNIE
NEAL



HUMAN
DEVELOPMENT
SPECIALIST
JESSICA
TRUSSELL



Number of Harrison County Learners	What Did They Learn?	What Action Did They Take?	How Does This Make Harrison County and Missouri Better?
Energy Management Water conservation 21 participants	Participants in these workshops learned: <ul style="list-style-type: none"> Measures to conserve water while saving energy as well as money. The importance of purchasing Water Sense products. 	On an exit survey or later, participants said that as a result of this class they: <ul style="list-style-type: none"> Plan to implement some of the recommended water conservation measures with the kit received at the class. (87 percent, 18 of 21) 	When participants use what they learned, the community benefits. <ul style="list-style-type: none"> When they implement these measures and install the products, they conserve water and energy, helping the community and environment.
Healthy Homes Radon 14 participants	<ul style="list-style-type: none"> Measures to make their home safer. The importance of radon testing and radon's effects on their indoor air quality and their health. 	<ul style="list-style-type: none"> Will do the short-term radon tests themselves, using the card they received to obtain a free radon-test kit. (79 percent, 11 of 14) 	<ul style="list-style-type: none"> By spreading awareness of the dangers of radon exposure, more community members will know how to protect themselves and others as well.
Poison prevention Eight participants	<ul style="list-style-type: none"> The causes of most frequent accidental poisonings. How to read labels and properly dispose of medications. The importance of keeping meds in the original containers. 	<ul style="list-style-type: none"> Use the locking medication safe CAPNCM provided. One participant said she was going to tell others about what she had learned. 	<ul style="list-style-type: none"> By learning how to properly dispose of medications, families also learned how they can prevent pollution of water sources.
Building Strong Families Consumer beware 10 participants	<ul style="list-style-type: none"> Why consumers are vulnerable to fraudulent schemes. Warning signs of frauds/scams. Guidelines for avoiding fraud and appropriate action if victimized. 	<ul style="list-style-type: none"> Obtained a free credit report. Understand what it, "Truly costs to rent to own." 	<ul style="list-style-type: none"> Others in the community are protected. Financial institutions create alternative loan products.
Balancing responsibilities 16 participants	<ul style="list-style-type: none"> Causes for a lack of balance in managing work, family and community responsibilities. Solutions for creating a balance in responsibilities. 	<ul style="list-style-type: none"> Learned improved communication and body language and how to prioritize. (53 percent, 8 of 15) Listen to what people say more and answer with a better attitude. 	<ul style="list-style-type: none"> By learning to balance work, family and community responsibilities and becoming prepared for the workplace, participants become a more productive workforce, with family-supportive policies at work and increased community involvement.
Preparing for the workplace 32 participants	<ul style="list-style-type: none"> To identify personal strengths that can contribute to employment success. To translate these into skills to be used on a resume/job application. 	<ul style="list-style-type: none"> Practiced interviewing. Prepared their resumes. Started working. 	

Human Development Specialist Jessica Trussell uses tossing activity (see arrows: pink fish center and yellow ball right) to talk about the challenges of balancing responsibilities.



HUMAN ENVIRONMENTAL SCIENCES

Promoting good wealth and health practices in the community.

FAMILY FINANCIAL EDUCATION SPECIALIST
MERIDITH BERRY



NUTRITION AND HEALTH EDUCATION SPECIALIST
JANET HACKERT



Number of Harrison County Learners	What Did They Learn?	What Action Did They Take?	How Does This Make Harrison County and Missouri Better?
<p>Volunteer Income Tax Assistance</p> <p>7 participants representing 6 households</p>	<p>During the tax preparation session, participants also learn:</p> <ul style="list-style-type: none"> • Importance of retirement savings. • Savings credit. • Other applicable tax credits. • How to lower tax liabilities. • Consequences of bankruptcy. • Importance of student loans and paying them back. • Health insurance mandate. 	<p>Because of this free service, \$11,803 was returned to Harrison County residents including \$1,944 in earned income credit.</p> <p>One client was able to reduce tax liabilities when tuition credits were taken. She had thought because it was a loan, they would not be counted.</p> <p>A young couple was counseled about setting up a retirement account to realize additional tax savings. They agreed to consider it for the next tax year using some of their refund to start saving.</p>	<p>In addition to the income and education, an average of \$90 per return was saved by having taxes prepared by University of Missouri Extension.</p> <p>Supporting extension saved low-income families the cost of a tax preparer and brought money to the area in refunds, earned income credit, child tax credits, and other tax credit benefits.</p>
<p>Home Food Preservation Made Easy</p> <p>6 women 3 men</p> <p>24 contact hours</p>	<p>Participants received both information and hands-on practice in the kitchen, learning the steps for safe:</p> <ul style="list-style-type: none"> • Pressure canning by canning green beans. • Boiling water canning by canning salsa. • Freezing by freezing green beans. <p>In an exit survey, 100 percent (8 of 8) participants said they had greater knowledge of how to safely preserve food as a result of these classes. More specifically, they reported the most important thing they learned was:</p> <ul style="list-style-type: none"> • Be patient. (Two participants noticed the importance of waiting for each step in the pressure canning process.) • How to blanch food. • There is oil in jalapeno seeds (that make them hot and easily spread that heat where the oil spreads). 	<p>Based on an exit survey, as a result of this program, participants plan to:</p> <ul style="list-style-type: none"> • Preserve food. (100 percent, 8 of 8) • Use tested recipes. (75 percent, 6 of 8) • Share this tested food preservation information with others. (63 percent, 5 of 8) • Purchase equipment. (50 percent, 4 of 8) <p>By the end of the growing season, participants had canned on their own. One participant reported later having purchased a dehydrator and dried several fruits successfully. Another reported that the class had increased her confidence in her ability to preserve food. And with this new-found confidence, she also has confidence to take on other tasks she had not been comfortable with previously.</p> <p>Families participated, including two- and three-generation groupings, to make sure the skills get passed down and maintained.</p>	<p>By following safe home food preservation methods, the individual participants, their families and the communities they share food with are at lesser risk of coming down with food-borne illness when eating the preserved food later. This can mean less illness in the community, and less loss of work hours because of food-borne illness.</p> <p>It also allows individuals and communities to use and preserve locally grown produce, making it more viable for growers to share or sell their produce locally.</p>



Participants get hands-on learning for safely preserving salsa and other acid foods.

AGRICULTURE AND NATURAL RESOURCES

Reaching producers with needed information in agronomy, agricultural business, horticulture and livestock.

AGRONOMY
SPECIALIST
WAYNE
FLANARY



LIVESTOCK
SPECIALIST
SHAWN
DEERING



Number of Harrison County Learners	What Did They Learn?	What Action Did They Take?	How Does This Make Harrison County and Missouri Better?
<p>Ag Update and Pesticide Applicator Training</p>	<p>Participants received initial training and recertification for private pesticide applicators and update on current agricultural topics.</p> <p>Beef cattle producers were educated on the new Veterinary Feed Directive.</p>	<p>Twenty-one applicators completed the legal requirements to obtain or renew their private pesticide applicators license. Participants also indicated they would prepare for the Veterinary Feed Directive.</p>	<p>In the rural areas of Missouri, a healthy agricultural community is the backbone of economic growth and sustainability. University of Missouri Extension events provide relevant, research-based information that allows producers to make informed decisions. These decisions impact their financial bottom line and ultimately determine whether or not they stay in business.</p>
<p>Youth Safety Day</p>	<p>Cainsville students (65) and teachers (8) learned how to safely handle animals, including the flight zone, flight responses, how animals react if they feel threatened, and extra care around females who have just given birth and males of the species.</p>	<p>Students will now be more aware of how animals react when they feel threatened and hopefully more safe around animals of all types.</p>	<p>The average age of the farmer or livestock producer in the United States is continually increasing. The general population is becoming more and more removed from agriculture. Even though a student is enrolled in FFA, it does not mean that they have a farming background. By hosting events such as the Hundley-Whaley FFA day, we are exposing young people to agriculture, the University of Missouri system, and the resources and education that University of Missouri Extension can provide.</p>
<p>Three-State Beef Conference</p>	<p>Strategic culling strategies for beef cows, forage toxicity issues and the impact of herd health.</p>	<p>Ideas and strategies to reduce costs and improve beef production.</p>	<p>Attendees are able to see current technologies and assess value in their own farming operations.</p>
<p>Hundley-Whaley Research Center Field Day</p>	<p>New technologies and practices to improve row-crop production and increase forage production.</p>	<p>FFA students are exposed to cutting edge technology and the potential careers that are available in agriculture.</p>	<p>Over the past few years, a great deal of northwest Missouri pasture and hay ground has been converted to row-crop production. University of Missouri Extension regional livestock and agronomy specialists are helping producers manage their limited forage resources for increased production and decreased cost.</p>
<p>Hundley-Whaley Research Center FFA Field Day</p>	<p>New agricultural production technologies and career options.</p>	<p>103 men, women and youths</p>	<p>73 soil tests 16 hay and other feed tests</p>
		<p><i>Agronomist Wayne Flanary (standing) helps farmers integrate knowledge and experience for greater yield potential at Ag Update 2016.</i></p>	

AGRICULTURE AND NATURAL RESOURCES

Helping youths and adults learn about the environment and the laws affecting agriculture.

AG BUSINESS
SPECIALIST
JOE KOENEN

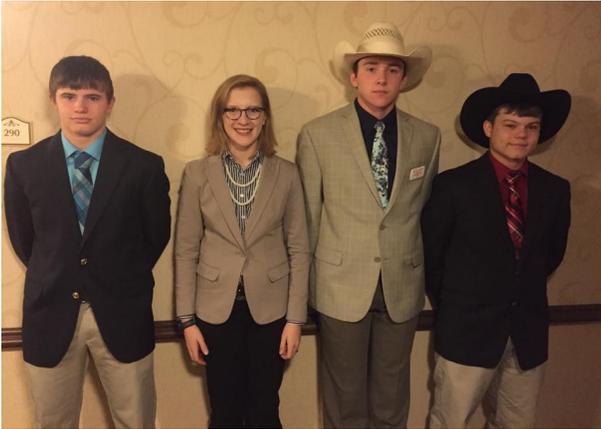


HORTICULTURE
SPECIALIST
TIM BAKER



Number of Harrison County Learners	What Did They Learn?	What Action Did They Take?	How Does This Make Harrison County and Missouri Better?
<p>Water Festival</p> <p>89 fifth graders and seven teachers from all five Harrison County schools</p>	<p>Participants learned about:</p> <ul style="list-style-type: none"> • How water and soil resources are related. • Erosion, pollution and soil quality along with other topics. 	<p>After attending the program, most of the students were more aware of the importance of:</p> <ul style="list-style-type: none"> • Preventing water pollution. • Soil in every aspect of their lives. <p>Students suggested ways to prevent pollution of various kinds in the Enviro-scape display as well as what they could do in their own environments.</p>	<p>Teaching children at a young age about the importance of protecting water and soil resources will help to ensure the continued health of these community resources into the future.</p>
<p>Missouri's Fence Laws</p> <p>29 participants including 26 men and 3 women</p>	<p>Participants learned about the two different fence laws in Missouri and which law applies to which county. They also learned:</p> <ul style="list-style-type: none"> • What each law requires landowners to do with their fences. • Which portion of a boundary fence each landowner must maintain. • Where they can find additional resources and assistance on the fence law in effect in their county. 	<p>Nineteen of the 29 participants completed an evaluation, with the following results:</p> <ul style="list-style-type: none"> • 89 percent now understand there is more than one fence law in Missouri. • 84 percent know the law that is in effect in the county where their land is located. • 79 percent understand their rights and responsibilities under the law. 	<p>Knowing which fence law is in effect in a county and following that law helps lower conflicts between landowners. This in turn reduces litigation costs. Figuring an average of \$150 per hour for an attorney, this program can potentially save Missouri landowners or prosecutors \$45,900 in legal fees.</p>
<p>Horticulture programming</p> <p>49 participants</p>	<p>Participants request information to answer specific concerns with their home or market vegetable and flower gardens and lawns about:</p> <ul style="list-style-type: none"> • Insect identification. • Weed identification. • Other pest infestations. • Pesticide drift. • Safe post-harvest handling practices. 	<p>Because most of this programming is direct contact with producers and homeowners, participants receive and utilize the concrete, practical and individualized guidance provided. If a suggested course of action is not effective, participants receive further guidance until a solution is found and the problem is resolved.</p>	<p>When you support MU Extension's horticulture programs for commercial producers, farmers are aided in their battle with insects, diseases, and the everyday challenges of growing fruits and vegetables. Helping these growers gives Missouri citizens a source of locally-produced and nutritious food of much higher quality compared to food which has been shipped thousands of miles. More nutritious food leads to better health for everyone.</p>
		<p><i>Horticultural specialist helped homeowners identify vole tunnels and eradicate the nuisance, preventing further damage to the house's foundation.</i></p>	

SUCCESS STORIES: Making an impact in people's lives.



*From left to right: Grant Taylor, Mardee Sadowsky, Tanner Daugherty and Wyatt Ellis.
Photo courtesy of Rhonda Taylor.*

University of Missouri Extension is making an impact in Harrison County. Here are just a few examples.

4-H youths use their skills for life successes:

This year in 4-H the Harrison County Livestock Judging team was the best in the state of Missouri placing first in the State Livestock Competition. They went on to compete in the National Livestock Judging competition in Louisville, KY. Grant Taylor placed fifth in the nation for sheep and goat selection. The team competed at various livestock judging competitions in both local competitions in Harrison County and surrounding counties as well as across the country, in Iowa, Ak-Sar-Ben, and the national completion in Louisville. In all of these competitions and practices for competitions, the youth learned life skills that will strengthen their futures.

Another of our 4-H alumni, Rebecca Prest, went off to attend classes at Missouri Western State University, majoring in the sciences, demonstrating that youths who participate in 4-H are 40 percent more likely to pursue science careers. When she has her degree, she will no doubt be a benefit to whatever community that she settles in.



*Denise Jennings (left) wins the
2016 Frank Graham Award.*

Denise served as the club leader and volunteer for the Mitchelville 4-H Club and continues to serve as an independent club leader and volunteer. Eleanor Thompson has served Harrison County 4-H for more than 37 years. Over the course of those years she has dedicated to 4-H, Eleanor Thompson has served as a leader and co-leader of the Grand River 4-H club in Cainsville.

4-H Adult volunteers honored:

This year two of our volunteers were honored by the Missouri 4-H Foundation. Denise Jennings received the Frank Graham Volunteer Leadership Award and Eleanor Thompson was inducted into the Missouri 4-H Hall of Fame.



*Eleanor Thompson (right)
inducted into 4-H Hall of Fame.*

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MU Extension celebrates 100th anniversary of the fair:

In 2016, the University of Missouri Extension Council in Harrison County joined in to celebrate the 100th anniversary of the Northwest Missouri State Fair with a drawing for a tote full of Extension goodies.

Charlene Bennett (pictured at left with Janet Hackert, county program director) was the winner, though she had not even entered her name. “I never won anything before,” she explained, saying that someone else had put her name in while she was reading information at the booth.

She said she finds MU Extension guides and specialists helpful and counts herself a real winner! The tote held a cup and cup koozie, walking reflector, reusable grocery bag, magnet, 4-H cookbook, cutting board, and many other items. She said, “It was like Christmas in September!”

New program helps participants take Small Steps to Health and Wealth:

Family Financial Education Specialist Meridith Berry and Nutrition and Health Education Specialist Janet Hackert teamed up to bring a new curriculum to the county. Partnering with the Community Action Partnership of North Central Missouri and the Harrison County Health Department they offered the Small Steps to Health and Wealth class for free. They also provided incentives that encourage behavior change to each participant.

When it comes to moving toward better health and wealth, most people know what they *should* be doing; actually choosing to make those changes is another story. The class

covers 25 strategies effective in helping people successfully meet their goals.

Eight adults participated, each writing a health- and a wealth-related goal. Weeks later they reported on their progress. All were making changes, such as:

- Slowly and safely reducing weight toward a year-long goal of losing 100 pounds.
 - Increasing income by expanding an e-bay business.
 - Rallying the whole family to avoid debt by setting aside spare change to take a paid-for family vacation.
- They used the strategies well to move toward their goals.

Nutrition education leads to healthy life choices:

Students learn to make healthy food choices in the classes Nutrition Program Associate Micah Doty teaches in the elementary schools. For example, she talked with third graders about nutrients – the ‘good stuff’ in foods that help our bodies grow and stay healthy. They looked at a nutrition facts label and learned how to find out if a food is high or low in calcium. The kids noticed that most foods made out of cow’s milk are high in calcium. Then they looked at nutrition facts labels for almond milk and soy milk and found out both of these choices were also high in calcium. Students tasted these alternative milks and one boy reported that although he does not like regular cow’s milk, he did enjoy the soy milk and would ask if he could have it at home. Finding foods high in calcium will help his bones and teeth grow strong and stay healthy now and in the years to come.



Livestock specialist uses train-the-trainer to get the word out:

In 2017, the Veterinary Feed Directive will go into effect. Shawn Deering, livestock specialist, visited Harrison County and talked with a prominent Amish cattleman about this crucial federal regulation. Deering made sure that he understood the basics and how to find more in-depth information or details if he or others needed them. The cattleman agreed to share what he learned with the rest of his community, allowing the train-the-trainer method to have a ripple effect and benefit the Amish community throughout the area.

LEADERS HONOR ROLL

Leaders Honor Roll is an award given to members of the community who have gone above and beyond to support University of Missouri Extension and to help promote programming. The 2016 award goes to Sarah Linthacum and Mary Ward.

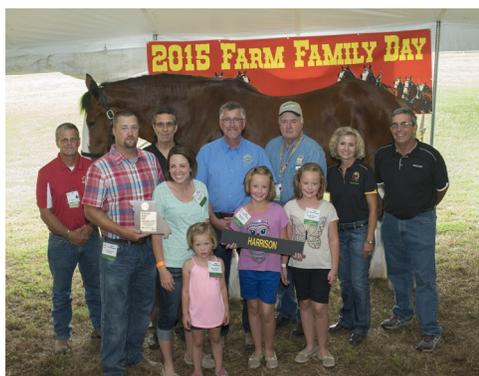
Sarah Linthacum, community health educator at the Harrison County Health Department, has partnered with MU Extension to help connect public health concerns with the educational resources that Extension provides people of Harrison County.

Mary Ward, director of the North Central Career Center community education program, works tirelessly to bring timely programs to adults in the community by partnering her program with MU Extension. (Mary Ward is not pictured.)



Janet Hackert (left) presents Sarah Linthacum with Leaders Honor Roll award.

STATE FAIR FARM FAMILY



The State Fair Farm Family Award is sponsored by University of Missouri Extension and Missouri Farm Bureau. The families are active in their community, taking on leadership roles.

They are respected by their neighbors and support youth organizations such as 4-H, FFA and other farm organizations.

This year's recipients are Jeff and Tiffany Bottcher and their children Megan, Morgan and Molly. Jeff is the president of the Harrison County Farm Bureau and Megan and Morgan are active in the Mitchelville 4-H club.

Missouri CENTURY FARMS

The Missouri Century Farm Award is given to farms that have at least 40 acres and have been in the same family for at least 100 years.



Starmer Family Farm—Owned by Bill and Marie (Starmer) Wyant, the farm was purchased in four 40-acre tracks starting in 1908-1913 by George W. Starmer, Marie's grandfather.

Bergman Farms—Owned by Ned Bergman, it is 160 acres located near Eagleville. It was first purchased by John Bergman, Ned's grandfather, in 1914.



Staff Serving Harrison County

4-H Youth Development Specialist
Becky Simpson
Daviess County
Phone: 660-663-3232
Email: SimpsonRe@missouri.edu



Human Development Specialist
Jessica Trussell
Livingston County
Phone: 660-646-0811
Email: TrussellJL@missouri.edu



Agriculture Business Specialist
Randa Doty
Nodaway County
Phone: 660-582-8101
Email: DotyR@missouri.edu



Livestock Specialist
Shawn Deering
Gentry County
Phone: 660-726-5610
Email: DeeringS@missouri.edu



Agronomy Specialist
Wayne Flanary
Holt County
Phone: 660-446-3724
Email: FlanaryW@missouri.edu



Natural Resource Engineering Specialist
James J.W. Crawford
Atchison County
Phone: 660-744-6231
Email: CrawfordJ@missouri.edu



Community Development Specialist
Jerry Baker
Atchison County
Phone: 660-744-6231
Email: BakerJ@missouri.edu



Nutrition and Health Education Specialist
Janet Hackert
Harrison County
Phone: 660-425-6434
Email: HackertJ@missouri.edu



Family Financial Education Specialist
Meridith Berry
Grundy County
Phone: 660-359-4040
Email: BerryM@missouri.edu



Nutrition Program Associate
Micah Doty
Harrison County
Phone: 660-425-6434
Email: DotyM@missouri.edu



Horticulture Specialist
Timothy Baker
Daviess County
Phone: 660-663-3232
Email: BakerT@missouri.edu



Procurement Technical Assistance Center Business Specialist
Clint Dougherty
Buchanan County
Phone: 816-279-1691
Email: DoughertyCB@missouri.edu



Housing and Environmental Design Specialist
Connie Neal
Nodaway County
Phone: 660-582-8101
Email: NealCA@missouri.edu



Youth Program Associate
Bart Skroh
Harrison County
Phone: 660-425-6434
Email: SkrohB@missouri.edu



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1505 Main St., Courthouse Basement
Bethany MO 64424-1967
Phone: 660-425-6434
Fax 660-425-3772
harrisonco@missouri.edu
Website: <http://extension.missouri.edu/harrison>
Facebook.com/MuExtensionHarrisonCounty