

University of Missouri Extension



Clark County 2016

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 Extension

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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.

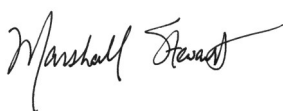
These are just a few examples of how Mizzou's commitment to extension and engagement benefitted Missourians this past year.

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

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

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Farm Bureau
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County Court

January 19, 2017

Dear Commissioners and Citizens:

University of Missouri Extension has been serving the citizens in Clark County since 1933. In that time Extension has worked to improve the quality of life for the people here and will continue this effort in the future.

This Annual Report of the Clark County University of Missouri Extension Council is a summary of educational programs and activities of University Extension, which is a part of the University of Missouri System. In addition to the educational programs we offer locally, our office provides a place to link to resources from around the state and nation. We also offer many services including soil, feed and hay testing, insect and plant identification; and a wealth of publications, to name just a few. Through programs in 4-H, youth, agriculture, human environmental sciences, community development, business development and continuing education, one of our aims is to make Clark County a better place in which to live and work. We think our Annual Report indicates we are accomplishing that goal.

On behalf of all the faculty and staff of University of Missouri Extension it is an honor to extend the educational resources of the nationwide Land Grant University System to the citizens of our county. We salute the many volunteers, community leaders, extension council members, and staff who have all given of their time and talents to make this a successful year.

We hope you will take the time to learn more about educational programs that will be provided by University of Missouri Extension in Clark County in the future. Please visit us on the Web at <http://extension.missouri.edu/clark> and find more information there.

Sincerely,

Chris Kempke
Interim County Program Director

Mike Scott
Extension Council Chair

Laura Gray
Secretary

Clark County Extension

Serving the Community

The Clark County Extension Office has assisted over 3,100 walk-ins this year. Individuals request information on a variety of topics, services and educational materials. In some cases, specialists in other counties are contacted to answer questions, provide assistance or handle the request in person. Specific services provided by the extension office including test proctoring; soil, hay and feed tests; pressure canner gauge testing; and plant and insect identification. Clark County Extension Office also reaches its customers through our website: www.extension.missouri.edu/clark and Facebook page: www.facebook.com/ClarkCountyExtension. These sites offer monthly newsletters, local links, upcoming programs and other valuable resources.

Supporting Continuing Education

We also provide services directly from the University of Missouri including the MU Conference Office which provides high-quality, professional, full-service meeting management for a variety of noncredit educational programs, such as conferences, workshops, seminars and symposia. Whether a meeting is hosted on campus, in Missouri or anywhere in the world, the office's professional staff provides assistance to create the best learning environment for participants. In FY 2016, the MU Conference Office registered 30,957 Missouri Citizens for all conferences on teacher education in math, science and writing; pesticide applicator training; youth leadership programs for students with disabilities; and many other topics. Forty-Four Clark County citizens participated in seminars and workshops through the conference office this year. For more information, visit muconf.missouri.edu.

County Extension Council

The Clark County Extension Council Executive Committee includes Mike Scott, chairman; Becki Krueger vice chairman; Laura Gray secretary; and Joe Thomson, treasurer. Additional members of the council are Laura Babington, Rob Nelson, Becki Krueger, Mike Scott, Kim Shuman, Janice Justice, Laura Gray, Heather Ayer, Michelle Ebeling, David Hess, Wesley Parrish, and Roberta McAfee, Buddy Kattleman, Alice St. Clair, and Donna Flood. In addition to overseeing the work of the extension office, the council provides leadership for Farm/City Night, publishes and sells Plat Books to assist in financing the office and recognizes our State Fair Farm Family and the Clark County Farm Family.



Members of the Clark County Extension Council at the 2016 Annual Meeting.

Farm/City Night

The Clark County Extension Council hosted the 31st annual Farm/City Night on February 25, 2016 at the CCR-1 Middle School in Kahoka, Missouri with over 300 people in attendance. Clark County Farm Bureau served a soup and sandwich supper and local businesses set up display booths. The Clark County Farm Bureau, the Clark County FFA, Clark County 4-H, and Clark County FCE were presented with certificates of appreciation for their support and assistance with the event. Century Farm designation was presented to Virginia St. Clair. Michelle Ebeling received Leaders Honor Roll for her contributions to University of Missouri Extension through their leadership and service to the community. Susie O provided entertainment for the evening. The Extension Council is grateful for the community support in the planning and preparation for Farm/City Night.



Community members enjoy the soup and sandwiches sponsored by Clark County Farm Bureau at Farm City Night.

State Fair Farm Family

The Shawn and Roberta McAfee family was selected as the 2016 Clark County State Fair Farm Family. Shawn and Roberta, along with sons Scott, Andrew, and daughter Emily were among the over 100 families honored during the Missouri State Fair's 2016 Farm Family Day. Farm Family Day recognizes the outstanding contributions made by farm families to the state of Missouri and to Missouri agriculture. The event is sponsored by University of Missouri Extension; University of Missouri College of Agriculture, Food and Natural Resources; Missouri State Fair; and Missouri Farm Bureau.



The Shawn and Roberta family was honored as the 2016 Clark County State Fair Farm Family.

Clark County Fair Family

The Jim and Kay Campbell were chosen by the Clark County University of Missouri Extension Council as recipient of the 2016 Clark County Fair Family. The Extension Council provides this award to honor families who have made major contributions through the generations to the community, 4-H, University of Missouri Extension, and the Clark County Fair.



The Jim and Kay Campbell was honored as the 2016 Clark County Fair Family.

Back-to-School Fair

The Back-to-School Fair was held August 2016 at the Kahoka Christian church in Kahoka. Katie Hogan provided information on the Clark County 4-H program and Wendy Ray provided nutrition information and Deanna Shoup getting back to school for parents. Over 50 participants in attendance received school supplies and backpacks. The extension office provided a display and discussed services available through University of Missouri Extension with all parents attending the fair.

Flagship Scholarship

Paige St. Clair of Kahoka were selected as the 2016 Clark County recipients of the University of Missouri Flagship Scholarship. The University of Missouri Flagship Scholarship is worth up to \$15,000 per year and will cover tuition and fees, as well as other educational expenses, including room, board and books at MU. The scholarship was made possible from a donation given by Mark McAndrew and his wife Stephanie to honor Jack and Ladene McAndrew, Mark's parents. Recipients give back at least 20 hours per year in their communities promoting education and college attendance.



Paige St. Clair was presented with the 2016 University of Missouri Flagship Scholarship by Jack McAndrew.

Human Environmental Sciences

Deanna Shoup Johnson

Family Financial Education Specialist

Family Financial Management

Individuals and families in Clark County request financial information and assistance with managing their money, paying bills on time and how to deal with various negative situations involving money management. Financial management classes and one-on-one consultations are provided throughout the year to serve the needs of local citizens. Over 50 Clark County learners participated in a variety of formats providing financial education and literacy. Learners included individuals referred by probation and parole offices, judges, the drug court coordinator and others. Other agencies requesting programming for their families included the Community Action Agency and the Division of Senior and Family Services.

Small Steps to Health & Wealth

The purpose of the Small Steps to Health & Wealth program is to help motivate participants to improve both their health and their finances and provides tips and tricks to do so. Participants are encouraged to set a health goal and/or wealth goal, then take action to achieve their goals by identifying small progress steps. A total of 5 participants attended the Small Steps to Health and Wealth workshop through the Clark County Health Department in conjunction to the diabetes group meeting. Family Financial Education Specialist, Deanna Shoup Johnson, taught on the financial aspect of each of the strategies given, and Nutrition and Health Education Specialist, Margo Myers, covered the nutritional end. Topics covered included: Tracking Your Current Behavior, Step Down to Change, Control Your Environment, Monitor Your Progress and Reward Success, and Set a Date and Get Started...Just Do It! Sixty percent of the participants showed an increase in knowledge resulting from the program. When asked, "What have you learned by attending this program?", responses included: developing written strategies to reach goals, the importance of writing things down, and using external restrictors to actions. When asked, "How will you apply what you have learned in this program?", responses included: writing more things down, using financial strategies to combat impulse buying, and to set a date and get started. The program is very important to help clients understand the correlation between our health and our wealth and how they can affect each other. Supporting the Small Steps to Health and Wealth program gives people in our community a chance to better themselves when it comes to making decisions with their health and food choices, as well as their spending habits and budgeting techniques.

Who Gets Grandma's Yellow Pie Plate

This program was created as a resource to help participants pass on personal possessions/ non-titled goods that hold sentimental value. Who Gets Grandma's Yellow Pie Plate resources will help families: understand sensitivity of the issues, determine what they want to accomplish, decide what's "fair" for their family, understand belongings have different meanings to different individuals, consider distribution options and consequences, and agree to manage conflicts if they arise. Participants of the Diabetes Group through the Clark County Health Department attended the workshop. These program sessions are held upon request from local partnerships, or by personal request as well. Participants really enjoyed the program and stated that they would definitely recommend it to others. The strong takeaways from participants that went through the program included a much better understanding in each of the following areas: the importance of planning for both titled and non-titled property transfer, awareness of how emotions and family relationships contribute to the complexity of personal property decisions, the six key factors for successful transfer decision making, being able to identify strategies to start conversations about inheritance, being able to identify resources to help them take action, knowing how to legally make my their wishes known, and understanding that being fair doesn't always mean being equal. Who Gets Grandma's Yellow Pie Plate is 9

important in helping families fairly distribute non-titled goods to prevent any disputes among families and friends. When you support MU Extension's Who Gets Grandma's Yellow Pie Plate program, participants have the chance to bring up inheritance issues for discussion. They are able to prepare a legally appropriate list of non-titled property, decide what fair means, ask others what objects they would like and why, identify transfer goals, select distribution and transfer methods that fit goals, consider how to deal with conflicts before they arise, which benefits loved ones during their time of loss.

Matter of Balance

A Matter of Balance series was held in Clark County this year at the Clark County Senior Center, and was sponsored by the Clark County Health Department. The Clark County Health Department funded all participant costs through the HEAL grant they received. A total of 11 people participated in the program this fall to lessen the fear of falling and participate in exercises to strengthen muscles and improve flexibility. The standard evaluation concluded that as a result of the Matter of Balance program, ALL participants reported that they feel more comfortable doing the following: talking to health care providers about medications and other possible risks for falling, talking to family and friends about falling, increasing activity, continuing to exercising, more satisfied with life, and would recommend this program to a friend or relative. They reported doing more exercises and being more aware of falling and less afraid of limiting their social activities as a result of the class. As a result of the program, the participants enjoyed the exercises and social interaction so much that the Arthritis Center in Kirksville, MO has agreed to continue doing the MOB exercises with the participants every Wednesday and Friday afternoon until the program is offered again next year. When you support MU Extension's Matter of Balance program, you help participants to increase their physical activity and improve their strength, balance and flexibility, resulting in reduced risk for falls, better overall health and greater independence. These health benefits decrease the likelihood of participants entering a nursing home, which cost an average of over \$51,000 per year in Missouri. It also keeps people actively, independently contributing to society longer.

Building Strong Families

Building Strong Families workshops were delivered to 6 participants this fall. Workshop topics include: Family Strengths, Communicating, Managing Stress, Child Self-Care, Food and Fitness, Working, Setting Goals, Positive Discipline, Money Matters, Balancing Responsibilities, Consumer Beware, Healthy House, and Kids and Self-Esteem. Sessions are held upon request from the Drug Court Coordinator or Child Support Division of Family Services in addition to personal requests. When you participate and support the Building Strong Families program, family members' relationships will improve and families will work together to support each other's needs and accomplish goals they have set. Strong families are the backbone of strong communities with lower crime rates, caring citizens, productive workforce and strong schools where children are prepared to learn.

Making Money Count

Making Money Count is a curriculum to address the need for financial management education. The Making Money Count programs focus on strategies and techniques for using money and other resources more effectively. Workshops and consultations were held using the Making Money Count this year with a total of 19 participants. Topics covered in this program include: Making Decisions and Communicating about Money, Spending Plan, Credit, Consumer Skills/Contracts, Record Keeping, Taxes, Banking Services, Insurance, Saving and Investing. Sessions are held upon request through various organizations, including: Head Start, Community Organizations, School Functions, Drug Court Coordinator or Child Support Division of Family Services, in addition to personal requests. Evaluations from the various workshops show that this year's participants in the program: gained a better understanding of the steps to making an effective decision, started to acknowledge their values when planning financial goals, continued to track their spending, reduce impulsive spending habits, and learned the importance of building, maintaining, and checking their credit

scores. Clark County benefits from the Matter of Balance program by decreasing the number of predatory lenders and helping families get and stay current on their debt, thus creating fuel for the local economy. Financial management programs assist communities by lowering cost for public assistance programs and increasing financial stability of limited resource families. When you support MU Extension's Making Money County program, participants learn to track their spending, which leads to increased success in reaching family financial goals. This can benefit other community members by reducing the amount of time financially distressed workers spend focusing on financial issues at work, and can ultimately help strengthen family relationships.

Tackling The Tough Skills

This program is one that is used in many different ways. Tackling the Tough Skills addresses attitude, responsibility, communication, problem solving, and preparing for the workplace. It is a fun, innovative and highly interactive life skills curriculum. It can help hard-to-reach adults and teens succeed and teach soft skills to employees in the workforce. Sessions are held among request through community organizations, Drug Court, Family Services, or the general public. This year, one-on-one sessions were held to help students prepare for the workforce. When you support Tackling the Tough Skills, participants are better able to handle themselves in different situations, become better employees in the workforce and in the general public. These are important skills needed to help our local businesses and community thrive.

Clark County Wellness Coalition

Deanna Shoup Johnson serves on the Clark County Wellness Coalition Board which meets on a monthly basis to promote health and physical activity to the county. The coalition oversees grants from the Missouri Department of Transportation and Missouri Foundation for Health which has completed numerous sidewalks in Kahoka to increase physical activity and safe routes to school. Main topics and projects of the wellness coalition include: sidewalk improvement, healthier food choices at concession stands, improving farmers market, working with vendors to get more fresh fruits and vegetables into our schools, and continuing to encourage the use of our parks and trails. The community continues to make infrastructure improvements, increase community engagement and complete street policies. All efforts lead to a healthier and stronger community.

Youth Development

Katie Hogan
4-H Youth Educator

Community Clubs

One in every five Missourians between the ages of 5 and 18 participated in a University of Missouri Extension program in 2016. There were 120 members enrolled in the five traditional 4-H Clubs in Clark County this year. 4-H members completed over 1,330 hours of club working this year "learning by doing" under the guidance of adult volunteers who teach projects ranging from aerospace to veterinary science. Clubs also involve children and teens in community service, leadership opportunities and educational trips. Clark County youth and adults in the 4-H program completed a combined total of 2,045 hours of community service ranging from cemetery clean-ups and raking leaves at Senior Housing to filling eggs for the Sheriff's department's Easter Egg Hunt and donations to St. Jude's and the March of Dimes. 4-H project work and related experiences help youth explore interests in citizenship, communication and leadership.

Clark County members enrolled in a total of 349 projects in 2016. The top ten project areas included:

- Beef
- Photography
- Woodworking
- Cloverkids
- Arts and Crafts
- Swine
- Foods
- Sheep
- Horse Riding
- Meat Goats

The Antioch, Ashton Cloverleaf, Fox River Clovers, Shamrock, and Willing Workers 4-H Clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. 4-H members have demonstrated learning through the following activities.

- Show-Me Quality Assurance (SMQA) Training-24 attendees
- State Livestock Judging- 7 participants, Junior Team placing 3rd, with the 3rd Highpoint Individual, Senior Team placing 6th
- Recognition- 50 attendees
- Missouri State Fair- 16 exhibits by Clark County members
- Clark County Fair- 694 exhibits from 87 4-H exhibitors
- Achievement Night- 16 participants
- National Congress- 1 youth selected as a State-wide delegate
- Club Leader Summit- 10 leaders participating



4-H Youth are equipped with the knowledge, skills, attitudes and health for the 21st century workforce. Missouri 4-H members spend more of their leisure time than peers engaged in projects of interest anchored in science (Khan, 1989) It is no wonder, 4-H members are three times more likely to go into science related careers than similar peers (Lerner and Lerner, 2008).

4-H youth are more connected to college campuses and faculty than their friends. MU Extension 4-H connects 8,700 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Hoover, 2006). 4-H youth are nearly twice as likely to expect to go onto college (Lerner and Lerner, 2011).

Youth, who earn their bachelor 's degree, increase annual earnings by \$2 million over their lifetime (NACUBO, 2012). If 50% of the Clark County members participating in 4-H events on the MU Campus go onto earning their Bachelors, 4-H would help young people earn \$8 million more of lifetime earnings.

Missouri 4-H is growing future scientists. Young people in 4-H are three times more likely to be interested in and pursue science-based careers than their non-4-H peers. Our nation needs young people prepared to live and work in a world that no one can imagine- jobs that do not yet exist, using technology that has not been invented, solving problems that have not yet been identified. In Clark County, one hundred and eleven 4-H members were engaged in science related projects and experiences.

Clark County 4-H youth are supported by 38 screened and oriented adult volunteers supporting the youth in the Clark County 4-H program. Volunteers contributed 38,000 hours to the Clark County 4-H program valued at \$81,000.

Volunteers gained knowledge in how to offer a valuable learning experience for the youth they are working with while maintaining a safe, supportive environment. Dedicated volunteers help to organize club meetings, fundraisers and events, they also provide learning opportunities for youth in their projects teaching life skills and instilling qualities of character like respect and responsibility in members. Adult volunteers serve as mentors for our youth helping them transition into caring, healthy adults who contribute back to their communities, which is priceless. There were 291 students from 13 classrooms in Clark County that participated in school enrichment programs.



Shamrock 4-H Club members with the gifts they purchased Adopting a Child for Christmas as a community service.

Embryology: Chick It Out

Clark County students were engaged in 2,500 combined hours of learning with the “Chick It Out” program in 2016. Students are charged with rotating the eggs three times a day and are responsible for making sure the incubator has water and is maintaining the correct 100 degree temperature. Students care for the chicks once they hatch providing feed, water, warmth, and a calm environment.

In the program, students learn about the 21 day development occurring within a fertilized, incubated egg that can result in a chick. Students learn to identify the parts of an egg and discover what each part provides for the developing chick. Students learn how to tell if an egg is raw or boiled and explore the strength of the egg’s shell providing protection to the developing chick. Students also review the necessity of hand washing due to potential contamination caused by salmonella in poultry and poultry products. Students often gain experience with death and disabilities.

Students practice life skills including decision making and responsibility, helping them to develop qualities that will shape their development into adults. Students are provided with the opportunity for practical experience that connects with the core subjects of communication arts, math, science, and health. Interest and hands-on experience with science related careers are more likely to pursue science-related careers, which are critical to our county, state, national and global economy. Being conscious of the need to practice proper hand washing techniques helps students to prevent the spread of illness and disease. Students in the program learn to have compassion and to develop an understanding of how to accept individuals with disabilities, as well as how disabilities can be compensated for.

Making Butter

Sixty-one Clark County students in Mrs. Rhonda LaCount’s 5th grade science classes at Black Hawk Elementary participated in the Making Butter Experience where students are provided with the opportunity to make their own butter which they later enjoy with pancakes and maple syrup.

Through the program, students reviewed the transfer of energy resulting in the heavy whipping cream derived from the milk used to make the butter. Students discovered the difference between beef and dairy cows and learned about the scientific process involved in making butter. Utilizing skills learned through the Food and Nutrition Education Program, students compared the labels of the heavy whipping cream used to make their butter and a processed butter. Also incorporated into the experience was learning about how wheat is ground into flour and made into bread.

This program provided 61 combined hours of science and nutrition related programming for Clark County students presented by Extension staff from multiple areas in conjunction with the classroom teacher. Students developed an awareness of the world around them through science and connected agricultural products with where they come from, resulting in more informed consumers with an appreciation for the agricultural producers providing safe, reliable food₁₃

sources. The experience provided students with the opportunity to apply skills already learned in a practical, real-world situation, which helps them to see the value and application of the information they are learning through formal education.

Family Nutrition Program

Mary Smyser, family nutrition program project director

Wendy Ray, family nutrition associate

Family Nutrition Program

Nutrition Program Associates (NPA's) go into schools and other grant eligible locations and interact with community members to help them make healthier choices and build healthy habits. They see the difference the program makes in peoples lives. During 201, University of Missouri Extension's Family Nutrition Program (FNP) reached 1,211 participants directly and 256 indirectly with nutrition education in Clark County during 2016 a significant percentage of which were low income. FNP provides information on nutrition, food, safety, and physical activity for lifelong health and fitness by working with qualifying schools, community groups, and agencies. The Family Nutrition Program provides information on nutrition, food safety, and physical activity for lifelong health and fitness by working with qualifying schools, community groups and agencies. This translates into 605.5 collective workshops hours. Youth from Pre-School to 8th grade learned through kid friendly activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults also included nutrition, food safety, and physical activity, as well as a resource management .



Youth trying new foods as a part of Food Tasting.

Impact in Missouri and Clark County:

The Family Nutrition Program (FNP) 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. 1,467 of these participants reside in Clark County. It also funds one full-time job with quality benefits plus expenses for making the programming available to qualified schools and agencies in the county.

Participants in FNP 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 healthcare costs over the participant's lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.



Food Nutrition Program Associate Wendy Ray presents a lesson on Grains to an adult group.

2016 Success Stories- Wendy Ray

One of the tastings I did with the 5th graders was kale. The kids always ask what kale is when we are going over the vary your veggies handout so I told them I would show them what kale is and let them taste it after we got through the lesson. They didn't all like it but, they did a good job tasting it.

I was able to do some Kid's in the Kitchen at the Wyaconda Community Center this month, and as always, I enjoy cooking with the kids. One of the recipes we made was deviled eggs. Of course I had several kids tell me that they didn't like them and wasn't going to eat them. I told them that was fine but everyone was going to participate in making them. After we got them done, most of the kids were very excited about trying them and of course most of them liked the deviled eggs they had made.

While eating out one day I ran into one of my Black Hawk first graders and her mom. Of course she was excited to see me and to tell her mom who I was. I guess while they were eating they must have had a conversation about me. When they were leaving, her mom came over to tell me that her daughter was really upset that I only got to come to her classroom six times during the whole school year and she wouldn't get to see me again until next year.

Human Development

Sherry Nelson, human development specialist

CHART TEEN Task Force Real Care Baby Project

The CHART Teen Task Force (CTTF) received a renewal of the Children's Trust Fund (CTF) project utilizing the new *Real Care Baby* infant simulators (RCB) and the Empathy Belly Pregnancy Simulators for the 2015-16 school year. This project was funded by a Children's Trust Fund Grant that Sherry Nelson, extension human development specialist assisted in writing. CTTF serves the seven county area of Clark, Lewis, Marion, Monroe, Pike, Ralls and Shelby Counties. During the 2015-16 school year of this multi-year project ten schools from NE Missouri participated. Of the 404 students who participated, 59 were from Clark County.

Most of the Clark County students cared for the infant simulators for two days giving a total instruction time of 118 days for all students. Students learned about the types of care, frustrations, and stressors involved with infant care on a day to day basis. Survey result found that 86% percent of the students reported they intend to delay sexual activity and becoming pregnant. Additionally the *Empathy Belly* (EB) pregnancy simulators were also provided as part of the teen pregnancy prevention. Fifty-nine Clark County students used EB simulator and 96% indicated they intended to delay sexual activity and becoming pregnant.

The Clark County teen pregnancy rate is currently 21 per 1000. This is a drop from 61 per 1000 in 2009. The reduction of ten births to teenagers creates a cost savings of \$232,630 in social and health costs in Clark County.

Focus on Kids

Many children today experience parental divorce or have never married parents living apart. Divorcing and never-married parents face unique challenges in parenting their children while living apart. Conflict between parents, when they live together or apart, is associated with many negative outcomes in children. The ***Focus on Kids*** workshops are designed to help parents learn how to nurture and support their children through the divorce process and to help parents living apart develop ways to effectively work together as co-parents. It is conducted in cooperation with Missouri's circuit courts. This workshop is offered quarterly

In 2016 a total of 11 participants attended a Focus on Kids workshop. Classes were taught by Sherry Nelson, University

of Missouri Extension Human Development Specialist. Evaluation information revealed the following:

On a scale of 1-5 (1=strongly disagree, 3 =unsure, and 5=strongly agree)

- 4.6 – The information they received would influence decisions they make concerning their child
- 4.24 - Program helped my think of new ways to resolve conflict.
- 4.5 – Program offered helpful suggestions to support my child’s relationship with the other parent
- 4.18 – Program should be required of all divorcing or separating parents
- 4.5 – Overall the program was worthwhile and would recommend it to others

Although Focus on Kids is a mandated program by the courts, participants show they were willing to utilize the information to make better choices regarding their children’s lives, that it is worthwhile, and would recommend it to others. When you support the Focus on Kids program it allows parents to learn how to nurture and support their children during and after separation and divorce. These actions lead to more children being raised in a healthy low-conflict environment. This in turn benefits other community members by reducing the need for community health services for children.

Agriculture

Joe Koenen, Karisha Devlin and Darla Campbell, Mary Sobba, agri-business specialists

Tax School

Tax preparers gained continuing education credits which are required for their profession. They will put the information learned in the tax school to use with thousands of clients statewide. There were 3 participants from Clark County out of a total of 407 lenders from 91 Missouri counties, plus Iowa, Illinois and Kansas. This translates into 24 hours of workshop hours for Clark County residents, and 3,256 hours total for all tax preparers. Participants were educated in a variety of topics included New Tax Legislation, rulings, and cases, individual taxpayers issues, affordable care act, IRS rules and regulations, business issues, retirement issues, death of a taxpayer and agricultural topics. County residents benefit when local tax preparers have the opportunity to gain knowledge they can use to benefit their clients. Taxpayers benefit by abiding within IRS regulations, having tax preparers that understand agricultural situations, and utilizing the latest tax law changes.



Participants in the Tax School.

Farm Financial Stress in Rural Business

Producers learned current information to help them make better management decisions during tough economic times and influence policy change. There were four participants from Clark County. There were a total of 153 people who attended at the Kirksville and Mexico sites which were two of seven statewide. This translates into 10 hours for participants for Clark County. Topics covered in the program included regional weather impacts, 2015 Prevented planting acres, Lower land values, Dropping farm commodity prices, and Local area broad issue impacts. Producer concerns were heard from around the state, compiled by a team of MU Extension and the Missouri Department of Agriculture. These concerns were then shared further



Producers attending the Farm Financial Stress Workshop.

with the United States Department of Agriculture. By networking and collaborating in this manner, more policy change will be influenced for livestock and crop producers.

FFA Career Development Experiences

This event helps prepare youth for District and State contests, as well as real life careers. It also meets DESE testing requirements for seniors who have been in a specific area of vocational agriculture for three or more years . There were 10 Clark County youths and one instructor, with a total of 282 youth and 19 Vocational Agriculture Instructor participate with assistance from 42 community partners. This translates into 88 hours for Clark County. Participants had Career Development Experiences (CDE) in the following areas: Farm Business Management, Meats, Equine, Livestock, Poultry, Dairy Cattle, Dairy Foods, and Forestry. Youth engaged in Career Development Experiences are better prepared to compete at the district, state, and national level. Longer term, they are more involved and informed producers, consumers, employees and business owners. Vocational Agriculture instructors are able to use what they learned to teach future students and FFA teams. Some of these youth will pursue careers in agriculture, but all will have gained marketable skills. Youth will have more confidence in their supervised agricultural experience (SAE) project as they learn applicable life skills that will help them be better prepared to enter college and the workforce.



Horticulture

Jennifer Schutter, horticulture specialist

Home Horticulture

By supporting MU Extension’s Home Horticulture program, citizens receive high quality horticultural information that is unbiased and research-based. The Clark County Extension Center had several requests for horticulture service in 2016.

Impacts of home horticulture programming:

Citizens of Clark County requested plant and insect diagnostic assistance during the year. This included positive identification of a plant, insect, disease or plant disorder and in some cases, control methods. Citizens also sought home horticulture assistance on various garden topics. MU horticulture publications were consulted and given to clients.

“Garden Talk” Horticulture Newsletter: Twenty-three people from Clark County receive the Garden Talk newsletter each month informing them of timely gardening tips and other important gardening information. The newsletter also informs them of upcoming horticulture events and activities.

Master Gardener

When you support MU Extension’s Master Gardener program public awareness of unbiased, research based horticulture information is promoted and increased within the community. A Clark County Master Gardener

contributed 50 volunteer hours, 6 hours of continuing education and 44 hours of service toward horticulture related activities in Kahoka during 2016. Ms. Shooter judged 4-H/FFA projects at the Clark County fair, planted seeds and plants in flower beds and kept them weeded in the city park, wrote gardening articles for the newspaper and consulted with others on various gardening topics. This volunteer service is valued at \$1,036.64 using the 2015 value of \$23.56 per hour for volunteer time according to the Independent Sector.

Missouri Grown

Two Clark county residents attended the Advanced Beekeeping workshop held in Macon in June. They learned how care for bees and their hives, and how to have a productive honey colony. When you support University of Missouri Extension's Missouri Grown program, small scale producers and commercial growers are provided with unbiased and research-based information to make better decisions which will help them be successful with production of horticultural crops and raising bees.



Livestock

Zac Erwin, livestock specialist

Missouri Livestock Symposium

The Missouri Livestock Symposium is an annual educational program and trade show that attracts participants from throughout Missouri and beyond. It is recognized nationally as an outstanding program that targets agricultural producers and landowners. Curricula includes workshops led by nationally-known speakers in the areas of horses, beef, sheep, stock dogs, meat goats, forages, around the home, small poultry production and farm continuation planning. Based on post-session (retrospective) evaluations: 82 percent of participating producers indicated that they had an increased level of understanding on the principles provided in the sections of beef cattle, horse, sheep, meat goats, forages and stock dogs. There were 23 participants for Clark County. On average, 87.5 percent of responding participants indicated they will adopt technologies presented in their respective sessions. There is a total 3,425 hours of learning for Clark County. Comments: Interesting speakers and able to reach a group that without the Symposium we would not be able to meet. Great event highlighting livestock production and ag." Public funding helps support the Missouri Livestock Symposium with objectives to provide educational opportunities for livestock producers and landowners representing all species of livestock, forages, and renewable resources and to promote the adoption of best management practices that are economically and environmentally beneficial. The producer benefits from this program by being better able to manage their livestock and their financial resources. Financially successful producers provide a basis for successful communities. Missourians benefit by keeping farm and ranch families in rural communities and improved natural resource stewardship.

Management Intensive Grazing School

Regional agribusiness, livestock, and agronomy specialists worked together to present the Management Intensive Grazing School in conjunction with the Clark County Soil and Water Conservation District. Fourteen participants from across northeast Missouri attended the two day program, including 8 Clark County residents. Topics presented during the program were introduction to management intensive grazing, livestock nutrition, power fencing, economic aspects of grazing management, evaluation of farm resources, forage growth and fertility, grazing calculation, and fescue and fescue quality. Also covered were layout and design of grazing systems, and watering facilities in addition to two farm tours. Producers interested in implementing a management intensive grazing system learned how to tie all the classroom information to practical use with on-farm exercises and demonstrations. These exhibited how to incorporate water, fencing, and forage improvement to build a successful system on producers' individual farms. Producers began developing a plan for their farm using technical assistance from the Soil and Water Conservation District (SWCD), Natural Resource Conservation Service (NRCS) and MU Extension.

By attending an MU management intensive grazing school, producers are equipped with tools to develop a grazing system for their own farm. They now know the people that can support them in this and they are eligible for SWCD cost share to implement it. This means grazing land is more likely to not be converted to crop land and thus conserving soil. Management intensive grazing systems also provide for more pounds of meat production on the same acres so the producer has more product to sell and consumers have more meat available to them.

Agronomy

Wyatt Miller Agronomy specialist

Services to Producers

Used the safest and most efficient method to control the pest identified. Managed fertilizer applications to row crop fields to maximize return per acre while minimizing loss of fertilizer to the environment. Applied restricted use pesticides using techniques and equipment that minimize human health risks and negative environmental impacts while providing effective pest control. Over 100 Clark County participants that include: Farmers, Soil test customers, Private Pesticide Applicator Training participants, Plant and insect identification and diagnosis customers, Telephone and email questions/ requests for publications. Over 200 hours of learning by Clark County residents. Evaluation of the various programs shows that participants learned. Accurate identification of crop diseases, insects, and weeds and their respective control strategies. Soil fertility management to increase fertilizer efficiency and protect the environment while maximizing yields. Pesticide application laws and best practices to safely and effectively apply pesticides deemed by the US EPA as restricted use in order to increase efficiency, reduce human health risks, and improve drinking water quality and wildlife habitat . Accurate identification of crop diseases, insects, and weeds and their respective control strategies. Soil fertility management to increase fertilizer efficiency and protect the environment while maximizing yields. Pesticide application laws and best practices to safely and effectively apply pesticides deemed by the US EPA as restricted use in order to increase efficiency, reduce human health risks, and improve drinking water quality and wildlife habitat .

Business Development

Chris Shoemaker, business development specialist

Missouri Procurement Technical Assistance Centers

One Clark County Client over the course of four sessions was able to learn more about the registration processes for state and federal contracting along with potential opportunities that pertains to their product or services offered. The MOPTAC assists in job creation along with increasing small business opportunities in Rural Northeast Missouri. In Northeast Missouri that includes Clark county amounted to \$46,655,160.00. There were 456 awards with 124 clients counseled and 634 counseling sessions. Overall, the University of Missouri's Business Development Programs (BDP) served people and their businesses state-wide. The total impact for all businesses assisted by the BDP was \$347,900,000.00 in government contacts. The business development faculty contributing to these business successes are from the programs identified above. These staff have regional and statewide assignments and work with businesses in all counties across the state.

Community Development

Chris Kempke, community development specialist

Stronger Economies Together (SET)

The Stronger Economies Together, or SET, is a program through USDA, Regional Rural Development Centers and land-grant universities that is designed to strengthen the Capacity of Communities/counties in rural America to work together in developing and implementing an economic development blueprint that strategically builds on current and emerging economic strengths of their region. The SET program is a long, multiyear effort but still produces more imminent impacts.

The SET program Clark County is involved with is called the Rivers Confluence Region, and includes Clark County, Missouri, Hancock County Illinois, and Lee County Iowa. Through the SET process, regional leaders work together to create a high quality regional economic development plan. This development plan is created after considering the in-depth and high quality regional economic data provided to community leaders during the process. The plan is then built around industrial clusters that are strengths of the community. After the High Quality Plan is in place, USDA provides a small amount of money to help set the program into action.

In 2016 Sessions 2, 3, and 4 were held with community leaders from all three counties, extra input was collected from Clark County residence not actively participating in the project, and the core writing team met on 8 separate occasions to piece together the final plan for submission. From this in depth input process, the core writing team has completed the first draft of the SET Rivers Confluence Plan for submission to USDA. The plan focused on 4 goals: Develop comprehensive outreach program that leverages the strength of community organizations to increase collaboration and



Businesses, community leaders and government offices from Clark County, Missouri; Lee County, Iowa; and Hancock

partnerships by 2018, Increase the number of Stage 2 Businesses in the Region by 5% to 495 by 2021, Increase the number of Confluence Regional full-time positions filled with regional workforce by 10% by 2021. Provide infrastructure that increases connectivity and facilitates the expansion of existing businesses. This relationship building increases the region's ability to approach problems holistically. The plan will be implemented after it is passed by USDA. Currently, the project participants are looking at opportunities to leverage USDA project funds for the project to employ and Americorps VISTA volunteer to work to execute part of the project's goals. At least seven community leaders from Clark County participated in the Tri-State process totaling roughly 44 hours.



4-H members and Volunteers learn about robotics at a project meeting.



Extension Staff at the Back to School Fair.



As a part of Food and Nutrition classes, youth learn how active lifestyles keep you healthy.



A group of Cloverkids (youth ages 5-7) being recognized for their participation in the 2016 Clark County Fair.



4-H member Kylie Selway attended the National 4-H Congress as a Missouri 4-H Delegate.



County Clerk Jena Church swearing in new Extension Council Members.



4-H members viewing a demonstration put on by a fellow club member.



4-H members learn to give injections as a part of the Show-Me Quality Assurance program. Older members then assist younger members in giving both intramuscular and subcutaneous injections to fruit.



Specialist Chris Shoemaker speaking to Council members at the 2016 Extension Council Annual Meeting.



Extension Council member Michelle Ebeling being presented with Leaders Honor Roll.



Youth at the Wyaconda Community Center learning about foods from the different food groups on MyPlate.



Virginia St. Clair and her children Mark St. Clair and Denise Mathes being recognized at Farm City Night for being a 2016 Missouri Century Farm.



4-H Volunteer Neva Selway being recognized for 35 years of service.

Clark County MU Extension Staff



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Clark County University of Missouri Extension Council

OFFICERS

Mike Scott	chair
Becki Krueger	vice chair
Laura Gray	secretary
Joe Thompson	treasurer

ELECTED MEMBERS

Laura Babington	District 1
Kim Shuman	District 1
Rob Nelson	District 2
Alice St. Clair	District 2
Janice Justice	District 4
Roberta McAfee	District 4
Donna Flood	District 5
Heather Ayer	District 6
Michelle Ebeling	District 6

APPOINTED MEMBERS

David Hess	MFA Co-op
Wesley Parrish	Farm Bureau
Buddy Kattelman	County Court

UNIVERSITY OF MISSOURI
Extension



Clark County University of Missouri Extension Council

REVENUES

County Appropriations	\$27,651.60
TOTAL REVENUE	\$27,651.60

EXPENSES

Salaries	\$18,102.20
Payroll Expenses	1,505.78
Travel	4,200.00
Communication	2,140.34
Supplies & Services	1,477.28
Insurance & Bond	226.00
TOTAL EXPENSES	\$27,651.60

Clark County University of Missouri Extension Council meets the 3rd Thursday of each month in the Extension downstairs conference room of the Clark County Courthouse 111 East Court Street, Kahoka. Meetings are open to the public. Council elections are held each January. Members are elected to a 2-year term and may serve two successive terms. If you are interested in running for the Clark County Council, please contact the

State and federal funds provide salaries and benefits for University Extension staff and cover expenses for orientation, equipment, and in-service education.

Clark County Commission appropriations fund costs related to the secretarial position and daily operations of the county MU Extension center. We thank them for their support.

Buddy Kattelman: Presiding Commissioner

University of Missouri Extension provides equal opportunity 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, national origin, sex, sexual orientation, gender identity, age, genetics information, disability or status as a protected veteran.