



**University
of Missouri
Extension**

**Daviess and
Caldwell
Counties
2016**

**Annual
Report**

**BRINGING KNOWLEDGE AND
RESEARCH TO ALL MISSOURIANS**

UNIVERSITY OF MISSOURI
M 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

Dear Friends of the University of Missouri Extension,

The University of Missouri Extension faculty, staff and county councils would like to thank the Daviess County and Caldwell County Commissioners for their continued support and funding for programming in 2016. The faculty, staff and county councils remain committed to carrying out the University of Missouri's land-grant mission—bringing the university's knowledge and research to all Missourians while helping to improve lives and create vibrant, resilient communities.

The University of Missouri Extension is a part of the network of the nation's more than 100 land-grant colleges and universities and is your local connection to the University of Missouri campuses. Using science-based knowledge, University of Missouri Extension engages people to understand change, solve-problems and make informed decisions. In 2016, nearly 2.3 million Missourians statewide turned to University of Missouri Extension to gain practical knowledge, learn how to compete in the global marketplace, balance the responsibilities of work and family, protect natural resources and adapt to new technologies.

By tapping into statewide university research, MU Extension specialists provide Missourians with a wide range of programs in agriculture, community development, human environmental sciences, business development, youth development and continuing education. Current programming efforts statewide focus on agricultural profitability and viability; building family and individual strengths; building human resources; business, community and economic development; enhancing health and nutrition; environmental quality and stewardship; and positive youth development.

The contents of this report are a summary of the highlights of our educational efforts during the past year. We hope this report provides a greater understanding about University of Missouri Extension programming efforts in Daviess and Caldwell Counties.

Jayla Smith

Daviess Council Chair

Jerry Cook

Caldwell Council Chair

Becky Simpson

Daviess County Program Director

Debbie Davis

Caldwell County Program Director

Elected Officials Serving Caldwell and Daviess

Caldwell County Commission



Bud Motsinger
Presiding Commissioner
3629 NE State Rt. U
Hamilton, MO 64644



Donnie Cox
Associate Commissioner
3275 SE Sunnyside Rd
Braymer, MO 64624



Gerald McBrayer
Associate Commissioner
875 NW Carter Rd
Kingston, MO 64650

Daviess County Commission



Randy Sims
Presiding Commissioner
PO Box 162
Winston, MO 64640



David Cox
Associate Commissioner
18141 St Hwy P
Jamesport, MO 64648



Carl Carder
Associate Commissioner
27958 Nickel Ave.
Gallatin, MO 64640

Missouri House of Representatives

Daviess: District 2

J. Eggleston
201 West Capitol Ave., RM 406-B
State Capitol Building
Jefferson City MO 65101
(573) 751-4285

Senatorial District 21

David Pearce
201 West Capitol Ave., RM 227
State Capitol Building
Jefferson City MO 65101
(573) 751-2272

U. S. Senate

Roy Blunt
260 Russell Senate Building
Washington D.C. 20510
(202) 224-5721

Caldwell: District 8

Jim Neely
201 West Capitol Ave., RM 115C
State Capitol Building
Jefferson City MO 65101
(573) 751-0246

Claire McCaskill
506 Hart Senate Building
Washington D.C. 20510
(202) 224-6154

Missouri Senate

Senatorial District 12

Dan Hegeman
201 West Capitol Ave., Rm. 332
State Capitol Building
Jefferson City MO 65101
(573) 751-1415

U. S. House of Representatives

U. S. Congressional District 6

Sam Graves
1415 Longworth House Office Building
Washington D.C. 20515
(202) 225-7041

Faculty and Staff Members serving Daviess and Caldwell

Faculty/Staff name	Specialty	County served	Contact information
Jerry Baker	Community Development	Daviess	660-744-6231 bakerj@missouri.edu
Tim Baker	Horticulture	Daviess/Caldwell	660-663-3232 bakert@missouri.edu
Meridith Berry	Family and Financial Education	Daviess/Caldwell	660-359-4040 berrym@missouri.edu
James Crawford	Natural Resource Engineer	Daviess/Caldwell	660-744-6231 crawfordj@missouri.edu
Penny Crawford	FNEP Coordinator	Daviess/Caldwell	816-632-7009 crawfordpe@missouri.edu
Debbie Davis	4-H Youth Development	Caldwell	816-539-3765 davisdd@missouri.edu
Shawn Deering	Livestock	Daviess	660-726-5610 deerings@missouri.edu
Clint Dougherty	PTAC Business	Daviess/Caldwell	816-279-1691 doughertycb@missouri.edu
Wayne Flanary	Agronomy	Daviess/Caldwell	660-446-3724 flanaryw@missouri.edu
Connie Griffith	FNEP Associate	Daviess	816-632-7009 griffithco@missouri.edu
Janet Hackert	Nutrition and Health Ed.	Daviess/Caldwell	660-425-6434 hackertj@missouri.edu
Jim Humphrey	Livestock	Caldwell	816-324-3147 humphreyj@missouri.edu
Beverly Maltsberger	Community Development	Caldwell	816-279-1691 maltsbergerb@missouri.edu
Kathy May	Office manager	Daviess/Caldwell	660-663-3232 mayk@missouri.edu
Julie Meek	FNEP Associate	Caldwell	816-632-7009 meekj@missouri.edu
Karma Metzgar	Regional Director	Daviess/Caldwell	816-279-6064 metzgark@missouri.edu
Connie Mowrer	FNEP Program Manager	Daviess/Caldwell	816-632-7009 mowrerc@missouri.edu
Becky Simpson	4-H Youth Development	Daviess	660-663-3232 simpsonre@missouri.edu
Steven Steiner	4-H Youth Development	Caldwell	816-539-3765 steinerst@missouri.edu
Jessica Trussell	Human Development & Family Science	Daviess/Caldwell	660-646-0811 trusselljl@missouri.edu

Northwest Region 4-H Camp 2016-Crowder State Park



“4-H Inside and Out”



CALDWELL COUNTY 4-H YOUTH DEVELOPMENT

A community of youth building life skills, engaging in science and connecting to their community.

Debbie Davis

4-H Youth Development Specialist



Steven Steiner

4-H Youth Development Associate



Number of Caldwell County Learners	Total Hours of Collective Participation in 2015	What Did They Learn and What Action Did They Take?	How Does This Work Make Caldwell County and Missouri Better?
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182
4-H members

66
Volunteers

18,200 4-H'er learning hours
6,600 volunteer hours

One of every five Missourians between the ages of five and 18 participated in a Missouri 4-H program in 2015

Caldwell County 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. 4-H members were engaged in leadership and service experiences in their communities.

Caldwell County 4-H serves youths through six organized clubs, school enrichment opportunities, camps and more. Caldwell County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from aerospace and arts to veterinary science and sport fishing. Clubs also involve children and teens in community service, camping and educational trips. The youths of Caldwell County have continued to demonstrate leadership and learning through the following regional, state, and national activities:

- Teen Conference—1 member
- 4-H Summer Camp—20 youths
- Clover Camp—4 members
- Fashion Revue—one member
- Missouri State Fair—13 demonstrations
- Missouri State Fair Livestock sweepstakes—Overall 4-H Swine sweepstakes.

4-H Youths are equipped with the knowledge, skills, attitudes and health for the 21st century workforce. Missouri 4-H members spend almost nine times more of their leisure time than peers engaged in projects anchored in science. As a result, 4-H members are three times more likely to go into science related careers than similar peers (Lerner and Lerner, 2008). Fostering career development is the reason that Missouri 4-H members are connected to college campuses and faculty. MU Extension 4-H connects 8,700 young people to University of Missouri campuses. Being on campus is a predictor of youth going on to higher education (Hoover, 2006).

These students are more likely to go to college and enjoy:

- increased financial success for themselves and their children,
- being better consumers,
- improved quality of life through more opportunities for leisure and hobbies,
- improved health for themselves and their children (Porter, 2003)
- being more likely to vote as adults and
- being more likely to contribute to their community (Lerner, 2009; Zaff et al, 2003).

Youths who earn their bachelor's degree increase annual earnings by \$2 million over their lifetime (NACUBO, 2012). If 50 percent of Caldwell County members participating in 4-H events on the MU Campus go on to earn their bachelor's degree, 4-H will help these young people earn \$218 million more in lifetime earnings.

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 \$21.30 per hour, based on average Missouri incomes, the contribution of Caldwell County 4-H volunteers was worth more than \$140,646 in 2016. More important, these adults serve as mentors for our youths helping them transition into a healthy and productive adulthood.

4-H project work and related educational experiences help youths explore interests in leadership, citizenship and communications. 4-H youths report three times more opportunities than their non 4-H peers to engage in meaningful



DAVISS COUNTY 4-H YOUTH DEVELOPMENT

A community of youth building life skills, engaging in science and connecting to their community.

Becky Simpson

4-H Youth Development Specialist



Number of Daviess County Learners	Total Hours of Collective Participation in 2015	What Did They Learn?	What Action Did They Take?	How Does This Work Make Daviess County and Missouri Better?
<p>61 4-H Members</p> <p>11 Adult Volunteers</p>	<p>6,100 4-H'er learning hours</p> <p>1,100 adult volunteer hours</p>	<p>Daviess County 4-H serves youths through 3 organized clubs, school enrichment, camps and more. Daviess County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers. The youths of Daviess County have demonstrated advanced learning through the following activities:</p> <p>Regional, State and National 4-H Attendance:</p> <ul style="list-style-type: none"> • Clover Kids Overnight Camp-3 members and 4 volunteers • 4-H Summer Camp-13 members • Missouri State Fair-35 members • Missouri State Fair Demonstrations-2 members • School Enrichment/ Water Festival-94 youth <p>One of every five Missourians between the ages of 5 and 18 participated in a Missouri 4-H program in 2016.</p>	<p>4-H project work and related educational experiences help youths explore interests from animal science to aerospace, resulting in increased interest in science at a rate three times that of non-4-H peers. Projects such as robotics, water quality, conservation, livestock, veterinary science and computer software allow 4-H'ers to practice: wise use of resources, decision making, goal setting, marketable skills and self-motivation.</p> <p>Interest in science is a predictor for young people to choose science-related careers. Compared to non-4-H youth, 4-H youth are 70% more likely to participate in science, engineering, or computer technology programs and 40% more likely to pursue science, engineering, or computer technology courses or careers. This interest in science, along with 4-H members' 70 percent greater likelihood to go to college than youths participating in other out-of-school programs, is helping grow future scientists.</p> <div data-bbox="824 1430 1062 1688" style="text-align: center;"> <p><i>I pledge ...</i></p> <p><small>18 U.S.C. 707</small></p> <p><i>... to my club, my community, my country, and the world.</i></p> </div>	<p>4-H Youths are equipped with the knowledge, skills, attitudes and health for the 21st century workforce. Missouri 4-H members spend almost nine times more of their leisure time than peers engaged in projects anchored in science. As a result, 4-H members are three times more likely to go into science related careers than similar peers (Lerner and Lerner, 2008). Fostering career development is the fact that Missouri 4-H members are connected to college campuses and faculty. MU Extension 4-H connects 8,500 young people to University of Missouri campuses. Being on campus is a predictor of youths going onto higher education (Hoover, 2006).</p> <p>Youths who earn their earn bachelor's degree, increase annual earnings by \$2 million over their lifetime (NACUBO, 2012). If 50% of the Daviess County members participating in 4-H events on the MU Campus go onto earning their Bachelors, 4-H would help young people earn \$3.618 million more of lifetime earnings.</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 \$21.30 per hour, based on average Missouri incomes, the contribution of Daviess County 4-H volunteers was worth more than \$31,900 in 2015! More importantly, these adults serve as mentors for our youths helping them transition into healthy adulthood, priceless.</p>
  <p>Daviess County 4-H Campers who attended camp at Crowder State Park.</p>				
 <p>Mary Jarboe, Daviess County Extension volunteer, discusses the water cycle via The Incredible Journey with Daviess County 5th graders at the Water Festival.</p>				

**2016 Garfield Camp Award
Daviess County!
Highest % Attendance!**

FAMILY NUTRITION EDUCATION PROGRAM

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

Nutrition Program Associate: Connie Griffith

Number of Daviess County Learners	School Districts and Agencies Served	What Action Did They Take?	How Does This Make Daviess County and Missouri Better?
<p>653– Youth Direct Contacts</p> <p>229– Total Indirect Contacts (youth & adult)</p> <p>In 2016, University of Missouri Extension (UME) Family Nutrition Education Programs (FNEP) provided nutrition education to low-income youth & adult participants in Daviess County.</p> <p>Nutrition Educators provide kid-friendly lessons that include taste-testing healthy foods and practicing skills that lead to good health.</p> <p>Education for adults includes nutrition, food safety, physical activity, and food budgeting.</p>  <p>Nutrition Program Associate Connie Griffith</p>	<p>Schools: Covel D. Searcy Elementary Lighthouse Learning Center North Daviess Elementary Tri-County Elementary Winston Elementary</p> <p>Agencies: Daviess County Health Department</p>	<p>NPA, Connie Griffith shares <i>Kids in the Kitchen</i> classes are so enjoyable to teach. The participants love learning cooking skills and how to prepare healthy foods for themselves and their families. The mother of one of the participants made a point of telling the administrator of the Daviess County Health Department in Gallatin (location of <i>the Kids in the Kitchen</i> classes) how much her daughter was enjoying the classes and how much she was learning.</p> <p>Yummy Bean Dip is one of the food tastings offered in <i>Fun with Food and Fitness, the Show Me Nutrition</i> curriculum for first grade. It is made by combining refried beans and salsa and is served with baked tortilla chips or veggies. One of the 1st grade teachers at Covel D. Searcy Elementary School in Gallatin told her students that Yummy Bean Dip has become one of her favorite snacks after trying it last year in my nutrition class. It is so rewarding to know our lessons not only benefit classroom students but their teachers and families as well.</p>	<p>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.</p> <p><u>FNP recorded 882 total contacts in Daviess County.</u></p> <p>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.</p>

FAMILY NUTRITION EDUCATION PROGRAM

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

Nutrition Program Associate: Julie Meek

Number of Caldwell County Learners	School Districts and Agencies Served	What Action Did They Take?	How Does This Make Caldwell County and Missouri Better?
<p>1461 – Youth Direct Contacts</p> <p>96 – Total Indirect Contacts (youth & adult)</p> <p>In 2016, University of Missouri Extension (UME) Family Nutrition Education Programs (FNEP) provided nutrition education to low-income youth & adult participants in Caldwell County.</p> <p>Nutrition Educators provide kid-friendly lessons that include taste-testing healthy foods and practicing skills that lead to good health.</p> <p>Education for adults includes nutrition, food safety, physical activity, and food budgeting.</p>	<p>Schools: Braymer Elementary Breckenridge Elementary Cowgill Elementary Hamilton Elementary Mirabile Elementary Polo Elementary New York Elementary</p> <p>Agencies: Caldwell County Health Department</p> <div data-bbox="440 1255 626 1486" data-label="Image"> </div> <p>Nutrition Program Associate Julie Meek</p>	<p>NPA, Julie Meek shares: While teaching at Hamilton Elementary during summer school, there was a young student who said he did not like vegetables. During my lesson, we discussed that it is important to keep trying new foods because our tastes are always changing. He surprised me and tried all three of the vegetables I'd taken that day and said they tasted good. Now, he is looking forward to trying other vegetables-what a great start to healthier meals and snacks!</p> <p>While teaching a Kindergarten class at Braymer Elementary, a student who said he didn't like vegetables decided to try a carrot. He bit off a small bite and chewed it up, exclaiming with surprise "I like it!" He liked the carrot so much he wanted his teacher to use her cell phone to take a picture of him eating a carrot and sent it to his mother immediately. He plans to eat more carrots in the future and will try other vegetables too.</p>	<p>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.</p> <p><u>FNP recorded 1,557 total contacts in Caldwell County.</u></p> <p>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.</p>

A MATTER OF BALANCE


Adults and seniors learn holistic approach to preventing falls.

**HUMAN DEVELOPMENT
AND FAMILY STUDIES
SPECIALIST
JESSICA TRUSSELL**



**NUTRITION AND
HEALTH EDUCATION
SPECIALIST
JANET HACKERT**




Number of Daviess/Caldwell County Learners	Topic	What Did They Learn?	What Action Did They Take?	How Does This Make These Counties and Missouri Better?
<p>44 community members in the northwest region participated in the eight-session workshop for a total contact time of 708 hours.</p> <p>Northwest Missouri Area Agency on Aging sponsored this program, making it free to the participants.</p>	<p>Control the fear of falling by setting realistic goals for increasing activity levels.</p> <p>Change the environment to reduce fall risk factors.</p> <p>Be active using various exercises designed to increase strength and balance.</p>	<p>Based on those answering both a pre- and post-survey 38 of the 44 enrolled, participants feel more confident that they can:</p> <p>Many participants learn that they really do have control over their fear and their environment. For example, one participant reported, "Even though I am right handed, I just need to shift and use my left to carry things down to the basement, so then I can hold the railing with my right." Another learned how to use her cane safely and to zigzag down the sloping aisle to get down to her seat at church so she can continue to attend.</p>	<p>When asked what they have done to reduce their risk of a fall since the program began, they said they:</p> <ul style="list-style-type: none"> • 36 of 38 (95 percent) had done the exercises they learned in the program at home. • 29 of 38 (76 percent) made changes in their home to reduce their risk of falling (e.g., secured rugs or improved lighting). • 22 of 38 (58 percent) talked to a family member or friend about how they can reduce their risk of falling. <p>Participants reported making the following changes to reduce their risk of falls and remain independent longer.</p> <ul style="list-style-type: none"> • Put a list of phone numbers by the phone so she could easily make a quick call if her husband needs help. • Added a grab bar in the tub and shower. (2 responses) • Charges her "lifeline" pendant while someone is with her during the day, instead of at night as she had been doing (change suggested by a classmate). • Removed floor rugs (2 responses) • Used assertiveness skills to ask daughter to clean ceiling fan over a bed instead of doing it herself. • Accepted help (and later learned to ask for it) to more easily move around during the meet and greet at church. • Spoke with the administrator of a public building to have a railing put up next to steps required for entering the building. • With her awareness of fall risks in the environment heightened, she noticed that patrons of a funeral home hesitated or stumbled on the steps in front of the building so she requested that management mark them or improve lighting on them for better visibility. <p>The class makes a difference. As one participant said, "I asked my family to help me at my granddaughter's basketball tournament. They dropped me at the door, walked with me, and I sat on the bottom row. It was the first time in a very long time – I was able to go because I asked for help."</p>	<p>Participants in A Matter of Balance classes set goals for increasing activity, make changes to reduce fall risks at home and use basic exercises to increase strength and balance. This results in fewer falls and increases the likelihood of participants being able to remain in their own homes and communities. This benefits the community by:</p> <ul style="list-style-type: none"> • Providing more discretionary income within the community. • Reducing the burden on the local health care system, since the program decreases the likelihood of entering a nursing home. Nursing home care currently costs over \$83,500 per year for each patient¹ and \$34 billion nationally². <p>1 http://longtermcare.gov/costs-how-to-pay/costs-of-care/ 2 http://www.cdc.gov/homeandrecreationalsafety/falls/adultfalls.html</p>
 <p><i>Class learns A Matter of Balance exercises.</i></p>				

STAY STRONG, STAY HEALTHY

Strengthening older adults to remain healthy, active, contributing community members longer.

NUTRITION AND
HEALTH EDUCATION SPECIALIST
JANET HACKERT



Number of Caldwell County Learners	What Did They Learn?	What Action Did They Take?	How Does This Work Make Caldwell County and Missouri Better?
<p>Nine women and two men participated in the eight-week Stay Strong, Stay Healthy strength training class for a total of 175 contact hours.</p> <p>This class was made possible in part through the Family Nutrition Education Program grant, making it affordable to those who otherwise might not have been able to afford it.</p>	<p>The class met twice weekly in Hamilton. It incorporates warm-up exercises; simple strengthening exercises, with or without weights; and cool-down stretches.</p> <p>Participants practice safe ways to do these to increase strength and improve the balance and flexibility needed for everyday activities.</p> <p>Nine participants completed both the pre- and post-assessment, using five tools to test strength, balance and flexibility. Of these, 100 percent (9 of 9) showed improvement in two or more areas of the assessment.</p>	<p>Of participants who filled out the exit survey, 100% (9 of 9) demonstrated the ability to do the exercise routine safely and 100% (9 of 9) indicated that they felt confident to continue doing the exercises on their own because of this class.</p> <p>Results from the standardized program feedback form found the following.</p> <ul style="list-style-type: none"> • 89% (8 of 9) feel that their health is better because of the program. • 78% (7 of 9) feel physically stronger. • 78% (7 of 9) have continued to do these strength-training exercises on their own once a week more, as recommended. They also report having increased the weight they used by 2-3 pounds. • 67% (6 of 9) feel they are more flexible. <p>When asked how this program has improved their lives, participants reported:</p> <ul style="list-style-type: none"> • "I am doing chores such as yard and cleaning more easily because of these exercises." • "Doing these exercises seemed to help my sciatica nerve problem and made my endurance better." • "Prior to class, I had to pull myself up into a boat using my arms. Recently I was able to push up with my leg strength. We boat for recreation and fishing." 	<p>When you support MU Extension's Stay Strong, Stay Healthy program, participants will increase their physical activity and may improve strength, balance and flexibility, resulting in reduced risk for falls, better overall health and greater independence. These health benefits decrease the likelihood of a participant entering a nursing home, which costs on average \$56,758 per year in Missouri¹. The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people actively, independently contributing to society longer.</p>
			<p>¹ Leadingagemissouri.org</p>
<p><i>Participants do overhead presses to Stay Strong, Stay Healthy.</i></p>			

PROGRAM AREA – FAMILY FINANCIAL EDUCATION

PRESENTER NAME – MERIDITH BERRY

TITLE OF PROGRAM – VITA TAX PREPARATION



Number of Caldwell County Participants	Total dollars returned from federal and Missouri refunds.	What Did They Learn?	What Action Did They Take?	How Does This Work Make Caldwell County and Missouri Better?
10 participants representing 6 households	\$2472 returned to Caldwell County residents.	<ul style="list-style-type: none"> • Importance of retirement savings • Savings Credit • Other tax credits • Lowering tax liabilities • Consequences of bankruptcy • Student loans and paying them back • Health insurance mandate 	<p>People who did not have health care coverage were encouraged to look at ways to avoid future penalties.</p> <p>One Caldwell client was being paid by his employer as an independent contractor. His tax liability could have been lowered if he had kept track of expenses. He began keeping better records to lower his taxes in 2017.</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. Regionally, federal and state tax forms were filed for 274 households. In addition to Missouri tax returns, state returns for seven other states were prepared. 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>

PROGRAM AREA – FAMILY FINANCIAL EDUCATION

PRESENTER NAME – MERIDITH BERRY

TITLE OF PROGRAM – VITA TAX PREPARATION



Number of Daviess County Participants	Total dollars returned from federal and Missouri refunds.	What Did They Learn?	What Action Did They Take?	How Does This Work Make Daviess County and Missouri Better?
<p>31 participants representing 22 households</p>	<p>\$20,527 returned to Daviess County residents including \$3166 in earned income credit.</p>	<ul style="list-style-type: none"> • Importance of retirement savings • Savings Credit • Other tax credits • Lowering tax liabilities • Consequences of bankruptcy • Student loans and paying them back • Health insurance mandate 	<p>People who did not have health care coverage were encouraged to look at ways to avoid future penalties.</p> <p>Many of the clients are returning clients from previous years. Last year, one young couple was encouraged to open a retirement account. They opened the account and reaped the benefits of lowering their tax liability on their return.</p> <p>One elderly client was carrying insurance that was unnecessary. After speaking with her, she agreed to have her son look into her coverage to eliminate unnecessary premiums. This will save her approximately \$300 to \$500 a year.</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>Regionally, federal and state tax forms were filed for 274 households. In addition to Missouri tax returns, state returns for seven other states were prepared.</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>

PROGRAM AREA – FAMILY FINANCIAL EDUCATION

PRESENTER NAME – MERIDITH BERRY

TITLE OF PROGRAM – WHO GETS GRANDMA’S YELLOW PIE PLATE?



Number of Daviess County Participants	What Did They Learn?	What Action Did They Take?	How Does This Work Make Daviess County and Missouri Better?
9 participants	<ul style="list-style-type: none"> *importance of planning for both titled and non-titled property transfer *how emotions and family relationships contribute to the complexity of person property decisions. * steps to take to make wishes legally known. *being fair does not mean being equal. 	<ul style="list-style-type: none"> -initiated conversations with other about inheritance and personal possessions. -shared stories and meanings of special items with other family members. -determine what objects are meaningful and why. -identified personal property transfer goals and decided what fair means. -Discussed different perceptions of fairness with other. -Prepared a legal will 	<p>Participants reduce or avoid conflict within families over distribution of non-titled estate property, which leads to putting estate planning instruments in place and prevention of families being fractured for generations, which benefits other community members by easing stress on overburdened probate courts and helping those involved in settling the estate to remain productive in the labor force.</p>

AGRICULTURE – LIVESTOCK
EDUCATION PLUS SOLUTIONS FOR FARMING SUCCESS

Forage Production and Management
 Beef Production Systems

Livestock Specialist
Shawn Deering








Learners	Topic	What They Learned	How Participants Benefited	How This Work Makes Daviess County and Missouri Better
Beef Cattle Producers FFA Students Private Pesticide Applicators	County Ag Update and Pesticide Applicator Training	Initial training and recertification for private pesticide applicators and update on current agricultural topics. Beef cattle producers were educated on the new Veterinary Feed Directive (VFD).	Applicators completed the legal requirements to obtain or renew their private pesticide applicators license.	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.
	Focus on Forages VIII	How to manage forages for better production, lower cost and improved feed value.	Producers are able to produce more forage on fewer acres.	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 hopefully the resources and education that University of Missouri Extension can provide.
	Three-State Beef Conference	Strategic culling strategies for beef cows, forage toxicity issues and the impact of herd health.	Ideas and strategies to reduce costs and improve beef production.	
	Hundley-Whaley Research Center Field Day	New technologies and practices to improve row-crop production and increase forage production.	Attendees are able to see current technologies and assess value in their own farming operations.	
	Hundley-Whaley Research Center FFA Field Day	New agricultural production technologies and career options.	FFA students are exposed to cutting edge technology and the potential careers that are available in agriculture.	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.
	Fall Beef Producers Seminar	The benefit of genetic testing and the new Veterinary Feed Directive (VFD)..	Ideas and strategies to reduce costs and improve beef production.	
	Ration Balancing and Nutrition Consulting	Low cost feed rations that also improve gain and calf performance.	Reduced cost of production and increased performance of beef cattle.	By assisting beef producers with forage management, ration formulation, genetic selection, and production goals, University of Missouri Extension Livestock specialists are able to help cattlemen reduce input costs and improve returns. This has a positive effect on the local and statewide economy.
	Gentry County Cattlemen's Association	Educational meetings were held throughout the year on timely topics.	It is becoming increasingly important for agricultural producers of all commodities to band together.	

Beef and Forage Production Education

**Livestock Specialist
Jim Humphrey**

*Serving: Andrew, Buchanan, Caldwell, Clinton, DeKalb
Livingston and Ray counties in Northwest Missouri*



Number of Learners	Topic	What Did They Learn?	How Did Participants Benefit?	How Does This Work Make Our Counties and Missouri Better?
<p>200 plus Cattle and Forage Producers</p>   	<p>In total approximately 500 hours were spent in learning beef cattle production, forage production and utilization, nutrition management and ration balancing by area participants.</p>	<p>Strategies to optimize beef production and improve costs on their operations, including managing feedstuffs, pregnancy checking females, documenting individual animal performance throughout the entire production phase, including what determines value on each animal.</p> <p>Strategies to best determine the value of their forages, the variation in quality of forages and how best to manage these feedstuffs, while maintaining productivity, maximizing nutrient utilization, while minimizing soil and nutrient losses and other negative impacts on the environment.</p>	<p>Beef and forage producers are better prepared to make informed decisions on their operations, regarding animal health, genetic selection, nutrition, as well as income and expenses that affect the bottom-line for their respective operations. Including reducing feed wastage and marketing low or non-productive animals in a more-timely manner.</p> <p>Furthermore individual feeding programs were designed based on feedstuff availability, nutritional analysis and cost structure for each operations animal's production stage requirements.</p>  	<p>Many beef producers contacting me are looking for answers to questions specific to their operation. By taking a total quality management approach for each operation we can help producers get the information and resources they need in a timely manner to improve the bottom line for their operations. When we support beef and forage production in our area, participants learn high quality unbiased research based production strategies which result in increased success for producers in reaching their production and financial goals. By maintaining or improving soil health and water quality through better distribution of nutrients on our forage and beef cattle operations, we ensure future generations will have safe and plentiful natural resources.</p> <p>With over 80,000 head of beef cattle in the area a viable agriculture economy has a positive impact on our area and plays a key role in our local, regional, state, national and world economies.</p>
<p>450 plus Youth participants</p>	<p>In total approximately 700 hours were spent by area youths learning conservation, water cycles and good agricultural production practices.</p>	<p>Strategies area beef producers are using to optimize their operations while minimizing soil and nutrient losses and other negative impacts on the environment.</p>	<p>By having a better understanding of the research-based information and good production practices producers utilize on their operations, youths will be better able to understand why they as producers themselves need to be good stewards of their land and resources.</p>	<p>Well-informed youths are better prepared to make good management decisions based on research-based results. Youths are our future and provide great opportunities for our area.</p>

Horticulture

Horticulture Programming in Northwest Missouri

New and existing growers keep Tim Baker, Horticulture Specialist, busy almost year-round by answering questions and helping when troubles arise.

Educational meetings such as the Great Plains Growers Conference in St. Joseph are offered each year. Local meetings are held as well. In 2016, the North Missouri Produce Auction in Jamesport asked Mr. Baker to update the growers on the two food safety programs: FSMA (Food Safety Modernization Act) and GAPs (Good Agricultural Practices).

(Right) As temperatures warmed in early spring, Mr. Baker kept an eye on the progression of blooms in local orchards. Unfortunately, a cold snap in early April injured fruit buds in several north Missouri orchards. This caused a reduction in the crop.



(Right) A few tomato growers complained of a “new” problem in mid-summer. It turned out to be spider mites, which can quickly turn into major pests in hot, dry weather. This is easily remedied with several insecticides.



(Left) This magnificent oak tree specimen near Pattonsburg was found to have damage from herbicides, which had drifted to the homeowner’s yard from nearby fields. This is becoming an increasing problem all over Missouri. MU Extension is increasing efforts to educate farmers about the safe use of pesticides.

Diagnostic Services for Homeowners and Commercial Growers

Throughout the year, the Daviess County Extension Center receives questions on horticultural questions, insect identification, weed identification, and even agronomic questions. When questions come in, Extension Specialists respond with timely, research-based information and a site visit when needed.



This pumpkin grower was concerned about the apparent lack of fruit set. When harvest was complete, it turned out better than he had originally expected.



Extension gets all sorts of objects to identify. Someone found this along a local river. It turned out to be throat teeth from a grass carp.



A grower suspected herbicide damage on his tomatoes, but in this case it turned out to be physiological leaf roll, due to environmental conditions and excess rain.

By supporting horticulture: 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.¹⁹

Daviess County Master Gardeners

The Daviess County Master Gardeners have completed their eleventh year of service to the community.

Master Gardeners meet monthly and perform both group and individual community service projects. Group projects include landscaping projects at the Gallatin Library and Log Cabin. The Daviess County Master Gardeners also participate in the MODot Adopt-A-Highway program for a section of Highway 13 around their ornamental landscape beds on the north edge of Gallatin.

In addition to community service, members continually learn by attending and conducting educational meetings. They also take interesting tours and field trips. Continuing education classes are also offered to Master Gardeners, on topics such as plant propagation, winter injury to woody plants, and beneficial insects.

By supporting the MU Master Gardener Program: When you support MU Extension's Master Gardener program, Master Gardener students are trained in all aspects of horticulture to serve their fellow citizens through volunteer work. This may take the form of community beautification programs, working with youth or elderly, or educating the public about gardening. This results in more beautiful communities, leading to increased property values, teaching youth to be better citizens, leading to decreased crime, and producing more nutritious food, leading to better health for everyone.



Master Gardeners perform many hours of volunteer work each year, beautifying Daviess County. The Daviess County Courthouse grounds (left) have been a project for many years. Special projects, such as developing a flagpole planting at the fire station in Altamont are among their many undertakings (right).



Daviess County Master Gardeners learn about native plants in the landscape at the home of Trish Wendt, a Grundy County Master Gardener.



Tours can educate in any aspect of horticulture, including this commercial tomato greenhouse on the farm of Freeman Gingerich, near Jamesport.



Missouri State Fair Farm Families



**Daviess County
Will and Cindy Grady Family
Gallatin, Missouri**



**Caldwell County
Todd and Shellie Eitel
Hamilton, Missouri**



Caldwell County, Missouri

The County at a Glance



Population: 9,176

- ❑ *UM Students: 38*
- ❑ *UM Alumni: 170*
- ❑ *UM Employees: 3*

UM Students from the County in 2016

- 38 students
 - 24 - MU
 - 9 - UMKC
 - 5 - Missouri S&T
- 35 - Undergraduates
 - 3 - Graduates
- 35 - Full-time students
- 3 - Part-time students

UM Employees and Retirees Residing in the County in 2016

- 3 people employed by UM
 - 3 - UMKC
- 2 UM Retirees and Beneficiaries

UM Alumni Residing in the County in 2016

- 170 alumni
 - 121 - MU
 - 43 - UMKC
 - 6 - Missouri S&T
 - 0 - UMSL
- 95 Selected School Alumni
 - 1 - Medicine
 - 8 - Nursing
 - 2 - Health Professions
 - 5 - Dentistry
 - 8 - Pharmacy
 - 3 - Veterinary Medicine
 - 55 - Agriculture
 - 8 - Engineering
 - 5 - Law

UM Alumni Teaching K-12 in the County in 2016

- 9 teachers
- 5% of all county teachers
- 2 principals and administrators
- 14% of all county principals and administrators

UM Services Received in the County in 2016

- 30 patients seen at UM Health Care, with \$123,591 of uncompensated care.
- 20 patients seen at the UMKC School of Dentistry with an average of \$54 per patient in uncompensated care.
- 4,942 contacts with MU Extension through MU Extension events held in district counties.



Daviess County, Missouri

The County at a Glance



Population: 8,324

- *UM Students: 21*
- *UM Alumni:*
- *UM Employees: 5*
- *UM Salary & Retirement Income: \$193,595*
- *UM State Tax Revenue: \$6,171*
- *UM Federal Tax Revenue: \$24,248*

UM Students from the County in 2016

- 21 students
 - 14 - MU
 - 3 - UMKC
 - 4 - Missouri S&T
 - 18 - Undergraduates
 - 3 - Graduates
 - 20 - Full-time students
 - 1 - Part-time students

UM Employees and Retirees Residing in the County in 2016

- 5 people employed by UM
 - 3 - MU
 - 1 - UMKC
 - 1 - UM Health Care
- 6 UM Retirees and Beneficiaries

UM Alumni Residing in the County in 2016

- alumni
 - 113 - MU
 - 42 - UMKC
 - 10 - Missouri S&T
 - - UMSL
- 82 Selected School Alumni
 - 5 - Nursing
 - 1 - Health Professions
 - 2 - Dentistry
 - 5 - Pharmacy
 - 2 - Veterinary Medicine
 - 46 - Agriculture
 - 15 - Engineering
 - 6 - Law

UM Alumni Teaching K-12 in the County in 2016

- 6 teachers
- 4% of all county teachers
- 2 principals and administrators
- 17% of all county principals and administrators

UM Services Received in the County in 2016

- 27 patients seen at UM Health Care, with \$56,283 of uncompensated care.
- 22 patients seen at the UMKC School of Dentistry with an average of \$54 per patient in uncompensated care.
- 6,481 contacts with MU Extension through MU Extension events held in district counties.

UM Footprint in the County

Caldwell County MU Extension Center, Daviess/Caldwell County MU Extension Center

Daviess County Council

Chairman

Jayla Smith, Jamesport, appointed member, City of Jamesport

Vice Chairman

Raymond Heldenbrand, Winston, elected member

Secretary

Melinda Uthe, Gallatin, elected member

Treasurer

Alicia Chrisman, Gallatin, appointed member, 4-H

Other Members:

Marcia Bird, elected member

Carl Carder, Daviess County Commissioner

Frank Dunnington, appointed member

Cory Endicott, elected member

Eben "Bill" Estes, elected member

Ginger Harlow, elected member

Terry Jarboe, appointed member

Lori McLaughlin, elected member

Bob Teegarden, NW Region 4-H Camp, appointed member

Unique partnership

Daviess and Caldwell Counties University Extension Councils are a full partner with Missouri's land-grant universities to deliver high-quality education and research-based information that helps people solve real-world problems and take advantage of opportunities. Council members:

- Work with extension specialists to provide the county with quality educational programs;
- Manage finances of local extension operations;
- Provide personnel to carry out extension activities; and
- Elect and organize the local extension council.

Caldwell County Council

Chairman

Jerry Cook, Hamilton, appointed member

Vice Chariman

Elaine Farmer, Cowgill, elected member

Secretary/Treasurer

Becky Bowen, Hamilton, elected member

Other Members:

Dale Akey, appointed member

Donnie Cox, Braymer, County Commissioner

Phillip Cox, Elected Member

Jerry Creason, Cowgill, appointed member

Jack Critchfield, Cowgill, appointed member

Megan Gazaway, elected member

Nathan Schaeffer, Kingston, elected member

2016 Financial Reports

Daviness County

Income		
0210	County Appropriations	30,100.08
Total Income		30,100.00

Expense		
2700	Personnel Salary and Wages	13,866.34
2800	Payroll Expenses	4,494.73
3100	Travel	3,441.75
3700	Telephone-Local	836.96
3800	Telephone-Long Distance	304.96
3810	Cell Phone	600.00
4300	Rent/Lease Space	350.00
4400	Rent/Lease Copier	1,269.30
5100	Supplies	1,022.06
5130	Newsletters (Regional)	0.00
6400	Other Contract Services	400.00
6800	Insurance/Surety	119.67
7010	Extension Council Election	192.00
7040	Daviness County Farm Family	80.00
7710	Computer Tech Upgrade	36.55
Total Expense		27,014.32
Net Income		3085.68

Caldwell County

Income		
0210	County Appropriations	16,050.00
1500	Postage Income	290.00
0320	Interest Income	16.04
Total Income		16356.04

Expense		
2700	Personnel Salary and Wages	5000.00
2900	Non Payroll Salaries (YPA)	1923.54
3100	Travel	2017.45
3600	Postage	49.00
3700	Telephone-Local	836.91
3800	Telephone-Long Distance	304.91
4300	Rent/Lease Space	50.00
4400	Rent/Lease Copier	1269.30
4800	Reproduction/Copy Services	30.00
5100	Supplies	168.37
5130	Newsletters (Regional)	0.00
6800	Insurance/Surety	119.67
7000	Miscellaneous	748.40
7010	Extension Council Election	42.00
Total Expense		12,517.55
Net Income		3838.49

State, Federal and County Funding for Extension

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

University of Missouri's Contribution to County Extension Program

University of Missouri provides salaries and benefits for all professional and all para-professional staff members headquartered in Daviess/Caldwell County.

The University provides in-service training expenses, including travel and lodging for staff, metered postage for staff communications and matching funds for computer equipment costs and maintenance.



Caldwell County Courthouse, Kingston



Daviss County Courthouse, Gallatin

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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.