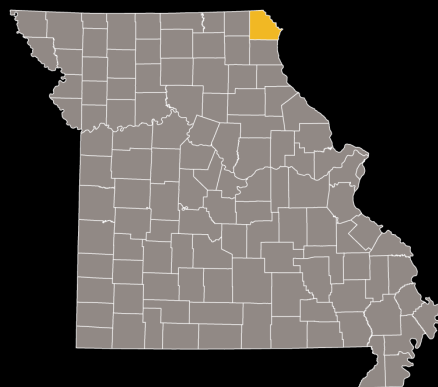




University of Missouri



# CLARK COUNTY 2018



# Extension

*University of Missouri*

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## Table of Contents

### **INTRODUCTION**

- Letter from Dr. Marshall Stewart– 4
- Letter to Commissioners & Citizens-5

### **CLARK COUNTY EXTENSION**

- Serving the Community– 6
- Supporting Continuing Education– 6
- County Extension Council-6
- Farm/City Night-7
- State Fair Farm Family-7
- Clark County Fair Family-7
- Back-to-School Fair– 8
- Flagship Scholarship-8

### **YOUTH & FAMILIES**

#### **Youth Development**

- Community 4-H Clubs-9
- Community 4-H Volunteers-10
- Missouri 4-H– 10
- 4-H School Enrichment-11-12

#### **Human Environmental Sciences**

- Building Strong Families-13
- Making Money Count-13
- Financial Literacy-14
- Tackling the Tough Skills-14

#### **Family Nutrition Program**

- Family Nutrition Program-15-16

#### **Nutrition & Health Education**

- Cooking Matters-16

### **AGRICULTURE**

#### **Agriculture Business**

- Ag Lenders’ Seminar-17
- Missouri’s Fence Law Program-18

#### **Agronomy**

- Agronomy Education-19

#### **Livestock**

- Show-Me-Select Program-20
- Tri-County Livestock Judging-20
- Women in Agriculture– 21
- Show Stock Clinics-21

#### **Horticulture**

- Home Horticulture-22
- Tree Pruning Workshop-22

### **BUSINESS & COMMUNITY**

#### **Business & Community Development**

- Rivers Confluence Stronger Economies  
Together (SET)- 23

Dear county commissioners and friends of MU Extension,

The past year has been extremely productive for University of Missouri Extension and Engagement. With the launch of our county engagement specialist model, which is the centerpiece of a long-overdue restructuring, we are better positioned to serve Missourians.

Most county engagement specialists are now in place and the formal training for this new position rolled out this fall. By January 2019, we expect our CESs to be well on their way to success. I see a great future for them and the communities they serve.

At the MU campus, we have been busy putting in place online resources that will benefit Missouri communities. In particular, the All Things Missouri web portal is an exciting tool that can help community leaders search for valuable data. I encourage you to check it out at <https://allthingsmissouri.org/>.


When 2018 began, we set out to meet with every county's administrative body. This effort provided valuable insight and helped strengthen relationships; and as a result, we will engage in a similar effort in 2019. Meeting stakeholders and deepening county relationships is something we truly enjoy.

As you read your county's annual MU Extension report, I am confident that you will be pleased with the results accomplished through county-based University of Missouri faculty. Our faculty take pride in their efforts to respond to local extension council input.

At the state level, we have committed to a goal of doubling the economic impact of MU Extension over the next decade. This goal of \$2 billion in public value is ambitious — but, by meeting this challenge, we will help a great many Missourians.

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

Sincerely,



Marshall Stewart

Donna Flood, Chairman  
District 5  
Kenny Sowers,  
Vice-Chairman  
District 4  
Dani Waterman,  
Secretary  
District 2  
Joe Thomson, Treasurer  
City of Kahoka  
Matt Straka  
District 1  
Laura Babington  
District 1  
Alice St. Clair  
District 2  
Leellen Schultz  
District 3  
Lora Jacobson  
District 3  
Roberta McAfee  
District 4  
Kent Kirchner  
District 5  
Esther Justice  
District 6  
Susan Schmitz  
District 6  
David Hess  
MFA  
Wesley Parrish  
Farm Bureau  
Buddy Kattelmann  
County Court

December 31, 2018

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 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,

Donna Flood  
Extension Council Chair

Dani Waterman  
Extension Council Secretary

Katie Hogan  
County Program Director

## Clark County Extension

### **Serving the Community**

The Clark County Extension Office has assisted over 3,250 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](http://www.extension.missouri.edu/clark) and Facebook page: [www.facebook.com/ClarkCountyExtension](http://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. For more information, visit [muconf.missouri.edu](http://muconf.missouri.edu).

### **County Extension Council**

The Clark County Extension Council Executive Committee includes Donna Flood, chairman; Kenny Sowers, vice chairman; Dani Waterman, secretary; and Joe Thomson, treasurer. Additional members of the council are Matt Straka, Laura Babington, Alice St. Clair, Lora Jacobson, Leellen Schultz, Roberta McAfee, Kent Kirchner, Esther Justice, Susan Schmitz, David Hess, Wesley Parrish, and Buddy Kattleman. 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.



### **Farm/City Night**

The Clark County Extension Council hosted the 33rd annual Farm/City Night on February 24, 2018, 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. Century Farm designations was presented to Lute and Cheryl Winkelman, John & Janet Winkelman, Cole Family Farms, Robert and Gladys Wallingford, Sibyl & James McIntire, and Dennis & Doreen Schutte. Henry Dienst and Donna Flood received Leaders Honor Roll for their contributions to University of Missouri Extension through their leadership and service to the community.



Clark County Jazz Band provided entertainment for the evening followed by radio and TV broadcaster Andrew McCrea. The Extension Council is grateful for the community support in the planning and preparation for Farm/City Night.

### **State Fair Farm Family**

The Andrew and Heather Ayer family was selected as the 2018 Clark County State Fair Farm Family. Andrew and Heather, along with daughters Katy and Kinsey and son Koldyn, were among over 100 families honored during the Missouri State Fair's 2018 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.



### **Clark County Fair Family**

The Marilyn and the late Richard Day family were chosen by the Clark County University of Missouri Extension Council as recipient of the 2018 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.



### **Back-to-School Fair**

The Back-to-School Fair was held August 2018 at the Kahoka Christian church in Kahoka. Katie Hogan provided information on the Clark County 4-H program and Wendy Atterberg provided nutrition information. 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**

Drenda Hess of Kahoka was selected as the 2018 Clark County recipient 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 the late Jack and Ladene McAndrew, Mark's parents. Recipients give back at least 20 hours per year in their communities promoting education and college attendance.





## Youth and Families



### 4-H Youth Development

Katie Hogan, 4-H youth educator

### Community 4-H Clubs

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>There were 107 members in the traditional club program.</p> <p>Ninety-eight 4-H members were engaged in science related projects and experiences.</p> <p>One of every five Clark County youth under the age of eighteen participated in a MU Extension 4-H Youth Development program in 2018.</p>	<p>Over 1,284 hours of community club work in Clark County.</p> <p>Over 643 hours of community service projects in Clark County.</p>	<p>Clark County serves youth through five organized clubs offering 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:</p> <ul style="list-style-type: none"> <li>• Show-Me Quality Assurance (SMQA) training– 18 participants</li> <li>• Regional 4-H Expo– 3 participants</li> <li>• State 4-H Teen Conference– 2 participants</li> <li>• Achievement Night– 30 participants</li> <li>• Missouri State Fair in the 4-H Building– 26 exhibits</li> <li>• State 4-H Fashion Revue– one participant</li> <li>• Recognition– 17 members completed recognition forms</li> <li>• State Livestock Judging Contest– six participants,</li> <li>• Club Officer Training – 28 participants</li> <li>• 4-H Camp– 10 participants</li> <li>• Eight hundred seventy-eight fair exhibits from ninety-eight exhibitors</li> </ul>	<p>Clark 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 under the guidance of adult volunteers who teach projects ranging from computer science and arts to animal science and healthy living. Clubs also involve children and teens in community service, leadership opportunities and educational trips. 4-H project work and related educational experiences help youth explore interests in citizenship, communication and leadership.</p> <p>Clark County members enrolled in a total of 3433 projects in 2018. The top project areas included:</p> <ul style="list-style-type: none"> <li>• Beef</li> <li>• Swine</li> <li>• Photography</li> <li>• Arts &amp; Crafts</li> <li>• Sewing</li> <li>• Sheep</li> <li>• Cloverkids</li> <li>• Meat Goats</li> <li>• Dogs</li> <li>• Horse Riding</li> </ul>	<p>4-H members are twice as likely to go to college compared to their non 4-H peers and they tend to pursue careers in STEM fields (Lerner &amp; Lerner, 2011). In 2018, Missouri 4-H connected 4,818 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Dalton &amp; St. John, 2016). Youth who earn a bachelor's degree increase annual earnings by \$2 million over their lifetime (U.S. News and World Report, 2011). If 50% of the Clark County youth participating in 4-H events on a college campus receive a Bachelor's degree, 4-H would help young people acquire \$9 million more in lifetime earnings.</p> <p>4-H also prepares youth for the workplace. Youth must be prepared to live and work in a world we cannot completely envision- competing for jobs that do not yet exist, using technologies that have not yet been identified. 4-H is the only youth development program with direct access to technological advances in agriculture, life sciences, engineering, learning technologies and social sciences from the university system. This brings relevant science content and hand-on learning that helps youth thrive (Arnold, Bourdeau, &amp; Nott, 2013).</p>

## Community 4-H Volunteers

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
There were 79 screened and oriented adult volunteers supporting the youth in the Clark County 4-H program.	Volunteers contributed 7,900 hours to the Clark County 4-H program valued at \$190,706.	Volunteers gained knowledge in how to offer a valuable learning experience for the youth they are working with while maintaining a safe, supportive environment.	Volunteers create, support and are a vital part of the 4-H community. 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.

In 2018, Missouri 4-H Youth Specialists joined together to survey 4-Hers from across the state. Here is what they found:

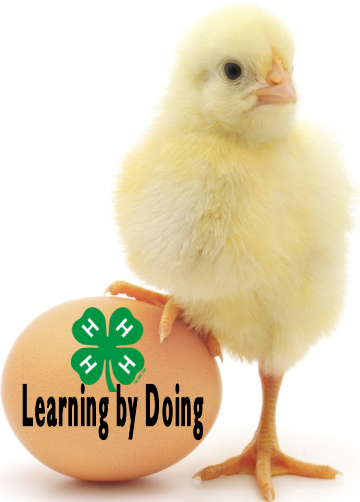
### Missouri 4-H

Develops Leadership	Builds Initiative	Builds Connections for a Bright Future
<ul style="list-style-type: none"> <li>81% of the Missouri 4-H'ers surveyed said they find it easy to speak up in a group.</li> <li>89% reported feeling comfortable being a leader</li> <li>95% said 4-H is a place where they get to help make group decisions.</li> <li>95% said 4-H is a place where you have a chance to be a leader.</li> <li>97% said 4-H is a place where you learn about ways to help your community.</li> </ul>	<ul style="list-style-type: none"> <li>92% of Missouri 4-H'ers surveyed said they are willing to try something they might get wrong.</li> <li>93% said they keep trying until they reach their goals.</li> <li>97% said they try to learn from their mistakes.</li> <li>98% said they are willing to work hard on something difficult.</li> <li>99% reported that they like to learn new things.</li> </ul>	<ul style="list-style-type: none"> <li>92% said they like to learn about people who are different from them, and get along.</li> <li>93% said they think about others feelings before they say something.</li> <li>93% say they think about how their choices affect others.</li> <li>97% said they treat others the way they want to be treated.</li> <li>98% said they show respect for others ideas.</li> </ul>






### 4-H School Enrichment- Embryology

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2017	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>There were 340 students from 15 classrooms in Clark County.</p> 	<p>Students participated in over 3,000 hours of learning with the "Chick It Out" program.</p>	<p>Students learn about the 21 day development occurring within a fertilized, incubated egg that can result in a chick.</p> <p>Students identify the parts of an egg and discover what each part provides for the developing chick.</p> <p>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 chicks.</p> <p>Students review the necessity of hand washing due to potential contamination caused by salmonella in poultry and poultry products.</p>	<p>Students are charged with rotating the eggs three times a day and are responsible for checking to make sure the incubator has water and is maintaining the correct 100 degree temperature.</p> <p>Students care for the chicks once they hatch providing feed, water, warmth, and a calm environment.</p> <p>Students practice proper hand washing techniques.</p>	<p>Students practice life skills including decision making and responsibility, helping them to develop qualities that will shape their development into adults.</p> <p>Students are provided with the opportunity for a practical experience that connects with the core subjects of communication arts, math, science, and health.</p> <p>Interest and hands on experience with science are more likely to pursue science-related careers, which are critical to our county, state, national and global economy.</p> <p>Students are conscious of the need to practice proper hand washing techniques to prevent the spread of illness and disease.</p> <p>Students learn compassion and develop an understanding of how to accept individuals with disabilities, as well as how disabilities can be compensated for.</p>

## 4-H School Enrichment– Making Butter

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>There were seventy-one 5<sup>th</sup> grade students from Clark County who participated in the Making Butter Experience.</p> 	<p>Students participated in 71 hours of learning with the “Making Butter” program.</p>	<p>Student reviewed the transfer of energy resulting in the heavy whipping cream derived from the milk used to make the butter. Students learned the differences between beef and dairy cows. Students reviewed the steps of the scientific process. Students learned about the process of milling flour into wheat and baking bread.</p>	<p>Students made their own butter.</p>	<p>This program provided 71 combined hours of science and nutrition related programming for Clark County students presented by Extension faculty 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 food sources. They 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 topics learned through formal education.</p>

### References:

Arnold, M., Bourdeau, V., & Nott, B. (2013). Measuring science inquiry skills in youth development programs: The Science Process Skills Inventory, *Journal of Youth Development*, 8(1).

Dalton, R., & St. John, E. (2016). *College for every student: A practitioner's guide to building college and career readiness*. New York, NY: Routledge.


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Lerner, R.M., Lerner, J.V. (2011). The positive development of youth: Report of the findings from the first seven years of the *4-H Study of Positive Youth Development*. Retrieved from <http://www.4-h.org/about/youth-development-research/>.


U.S. News and World Report (2011). How Higher Education Affects Lifetime Salary. Retrieved from <https://www.usnews.com/education/best-colleges/articles/2011/08/05/how-higher-education-affects-lifetime-salary>.




**Building Strong Families**

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>Twenty– eight Clark County learners participated in Parenting Classes based on the Building Strong Families Curriculum.</p>  <p><b>Building Strong Families</b>  <i>Building Strong Families: Challenges and Choices is a research-based educational program that helps families identify and build on their strengths, face challenges, and make informed choices.</i>  <i>An interdisciplinary program of Human Environmental Sciences, University of Missouri Extension</i></p>	<p>A total of 456 hours of classes were presented.</p>	<p>Learning topic's included:</p> <ul style="list-style-type: none"> <li>• Communication</li> <li>• Managing Stress</li> <li>• Positive Discipline</li> <li>• Money Matters</li> <li>• Balancing Responsibilities</li> <li>• Kids and Self-Esteem</li> </ul>	<p>Participants have reported that as a result of this program they are watching their finances and budgeting, developing healthier alternatives to dealing with stress, working on properly disciplining their children– based on their age group, building self-esteem, and taking more time to spend with their family.</p>	<p>When you 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, a productive workforce and strong schools where children are prepared to learn.</p>



**Making Money Count**

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>Fifty-eight Clark County learners participated in Making Money Count sessions in 2018.</p> 	<p>One hundred collective programming hours</p>	<p>Participants learned:</p> <ul style="list-style-type: none"> <li>• How to incorporate budgeting into their spending plan</li> <li>• How to cut back on discretionary spending</li> <li>• How to set financial goals</li> <li>• How to track their spending to see if they are staying on track with their goals by using their spending plan worksheet</li> </ul>	<p>Evaluations from the various workshops show that this year's participants:</p> <ul style="list-style-type: none"> <li>• Gained a better understanding of the steps to making an effective decision</li> <li>• Started to acknowledge their values when planning financial goals</li> <li>• Continued to track their spending</li> <li>• Reduced impulsive spending habits</li> <li>• Created an effective spending plan</li> </ul>	<p>When you support MU Extension's Making Money Count program, participants learn to track their spending, which leads to increased success in reaching family financial goals. This also benefits the Clark County community by reducing the amount of time financially distressed workers spend focused on financial issues at work and can ultimately help strengthen family relationships.</p>

## Financial Literacy

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>Ninety-eight students from Preschool and Headstart Classrooms participates in the program celebrating National Financial Literacy Month.</p> 	<p>A total of 98 hours of Financial Literacy programming was presented.</p>	<p>Participants learned:</p> <ul style="list-style-type: none"> <li>• The importance of saving their money</li> <li>• To identify coins and their worth</li> <li>• The value of money</li> <li>• How to count coins</li> </ul>	<p>Through discussion and hands-on learning experiences, learners started working together to solve problems that were given to them. They helped one another on difficult tasks as assigned and proved that teamwork requires efforts from all involved to be successful.</p>	<p>When you support MU Extension's financial literacy programming, youth learn the value of money and how to spend it responsibly. This benefits the Clark County Community by infusing financial literacy into our youth at a young age resulting in a more financially responsible next generation.</p>

## Tackling the Tough Skills

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>Two hundred and seventy-four Clark County learners (youth and adults) participated in sessions of Tackling the Tough Skills programming.</p> 	<p>A total of 274 hours of Tackling the Tough Skills programming was presented.</p>	<p>Tackling the Tough Skills addresses the topics of:</p> <ul style="list-style-type: none"> <li>• Attitude</li> <li>• Responsibility</li> <li>• Communication</li> <li>• Problem solving</li> <li>• Preparing for the workplace</li> </ul> <p>The program is a fun, innovative and highly interactive life skills curriculum which helps hard-to-reach adults and teens succeed as well as teaching soft skills to employees in the workforce.</p>	<p>Through discussion and hands-on learning experiences, learners started working together to solve problems that were given to them. They helped one another on difficult tasks as assigned and proved that teamwork requires efforts from all involved to be successful.</p> 	<p>When you support Tackling the Tough Skills programming, participants are better able to handle themselves in difficult situations, become better employees in the workforce, and better citizens in the community. These important skills gained help in providing businesses with a high skilled workforce and helps the community to thrive.</p>

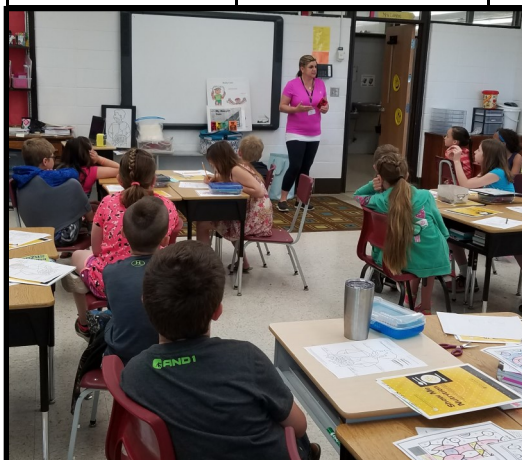
## Family Nutrition Program

Wendy Atterberg, nutrition program associate



### Food Nutrition Program

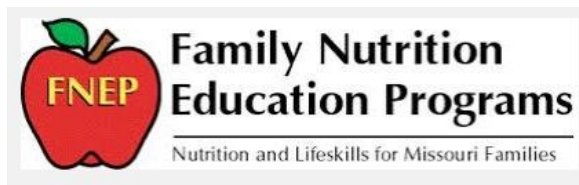
Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>University of Missouri Extension's Family Nutrition Program (FNP) reached 936 participants directly and 242 individuals indirectly with nutrition education in Clark County during 2018, a significant percentage of which were low income.</p> <p>FNP provides information on nutrition, food safety, and physical activity for lifelong health and fitness by working with qualifying schools, community groups, and agencies.</p>	<p>A total of 4,167 collection workshop hours</p>	<p>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 people's lives.</p> <p>Youth from pre-school to 8th grade learned through kid-friendly, hands-on lessons and activities. Activities included opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults also includes nutrition, food safety, and physical activity, as well as food resource management.</p>	<p>Participants in FNP:</p> <ul style="list-style-type: none"> <li>• become more aware of nutrition</li> <li>• make healthier meal and snack choices</li> <li>• eat breakfast more often</li> <li>• are more willing to try new foods</li> <li>• increase their physical activity</li> <li>• make healthier food choices</li> </ul>	<p>The Family Nutrition Program (FNP) brought \$9,449,699 in federal funds to the state of Missouri. These funds were used to provide nutrition education to 735,541 Supplemental Nutrition Assistance Program recipients and eligible citizens of Missouri. There were 2,932,390 direct educational contacts and 2,242,249 indirect educational contacts by the FNP in Missouri this year. Indirect contacts are those reached through newsletters, health fairs, food pantries, and the Show Me Nutrition help line. Of these contacts, 1,178 were Clark County residents.</p> <p>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>



## Success Stories

### Family Nutrition Program Associate– Wendy Atterberg

- I just had a grandma tell me that her grandkids just love when I come to their classroom each week. She has two grandkids in the Pre-K classes that I provide programming. She shared that when she picks them up they are always telling her what they got to taste with Ms. Ray. She also said, that her granddaughter has been trying new things now and she thinks it is because of the different tastings I do with them.
- After doing a lesson on the importance of eating breakfast every day with my 4<sup>th</sup> grade students at Black Hawk Elementary in Clark County, we did a food tasting called Mexican breakfast or I called it a breakfast burrito. Most all of the kids really enjoyed the burrito and could not believe how simple it was to make. When reviewing this lesson the following week, I had several of them tell me they had made the burritos at home already.
- This summer I did some gardening at one of my local daycares in Clark County. The children were awesome and really enjoyed planting some seeds and plants. After planting, we did a small food tasting of spinach leaves that I was able to pick fresh out of my garden. All of the kids tried them and really liked them.



## Nutrition and Health Education

*Margo Myers, nutrition and health education specialist*



### Cooking Matters

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
Ten Clark County residents participated in the Cooking Matters Program.	A total of 120 hours of classes were presented.	Clark County residents who participated in Cooking Matters were provided information on MyPlate, the difference in canned, fresh, and frozen produce, reading a nutrition facts label, determining if a grain product is a whole grain item, the sugar content of popular beverages, planning meals and shopping on a budget, and also prepared healthy recipes in class.	Participants will take the knowledge gained in this course and apply it in their home and environment. The Cooking Matters program provides the participants with the tools to buy healthy groceries on a budget by planning their meals ahead of time, and by learning how to correctly read a nutrition facts label. The lessons learned in the Cooking Matters program can also be applied to meals consumed outside of the home. Further, each participant was given a small bag of groceries at the end of most classes to recreate a recipe at home; also, participants received the Cooking Matters Cookbook so that they could continue to practice healthy eating habits once the course was complete.	By supporting the University of Missouri Extension's Cooking Matter program, citizens receive high quality nutrition information that is unbiased and research-based. Participants of Cooking Matters can now make healthier choices regarding grocery shopping and eating out, and can now make healthier choices regarding grocery shopping and eating out, and can plan healthier meals for themselves and their families on a budget. Implementing these practices can lead to an overall healthier lifestyle for the residents of Clark County.





## Agriculture



### Agricultural Business

*Darla Campbell, Karisha Devlin, Joe Koenen and Mary Sobba,  
Agriculture Business specialists*

### Agricultural Lenders' Seminar

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>A total of 5 lenders and 45 producers attended, from 30 Missouri and Illinois counties, the Agricultural Lenders' Seminar held at Kirksville, Hannibal and Mexico locations.</p> <p>Five of these participants were from Clark County.</p>	<p>A total of over 275 hours was calculated for all participants.</p> <p>This amounts to over 27 hours for Clark County participants.</p>	<p>Topics for the three seminars varied some by location but included:</p> <ul style="list-style-type: none"> <li>• Macro Economics</li> <li>• Land Values and Rental Rates</li> <li>• Crop &amp; Livestock Outlook</li> <li>• Update on taxes</li> <li>• Marketing strategies</li> <li>• Data for Decision Makers</li> <li>• Positioning for Success in the Economic Reset</li> </ul> <p>Lenders received the 2019 Missouri Farm Financial Outlook book, which included budgets for all major crop and livestock enterprises in the state.</p>	<p>Lenders will help their agricultural customers use the information and tools obtained at the seminars. Specific actions include using:</p> <ul style="list-style-type: none"> <li>• Budgets</li> <li>• Crop &amp; Livestock Outlook</li> <li>• Rental Rates and Land Values</li> <li>• Tax Updates</li> <li>• Economic Outlook</li> <li>• Marketing Strategies</li> </ul>	<p>The lenders in attendance manage 285 loans totaling \$972,850,000. By attending University of Missouri's Agricultural Lenders' seminars, lenders are able to help their clients make better decisions based on risk management tools, budgets, and other resources provided. This benefits their portfolio of producers and landowners by an increased understanding of enterprise budgets and cash flow affecting families' and businesses' financial health. This is especially important with the downturn in the agricultural economy as both crop and livestock producers expect lower incomes, continued high input costs, challenging marketing decisions, and a new Farm Bill.</p>





### Missouri's Fence Law Program

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>Seven Clark County learners participated in the Missouri Fence Law Program.</p>	<p>A total of seven hours of learning by Clark County participants.</p>	<p>Participants learned about the two different fence laws in place in Missouri and what county has which law.</p> <p>Participants also learned:</p> <ul style="list-style-type: none"> <li>• What each law requires the landowner to do fence-wise</li> <li>• Which portion of a boundary fence each landowner must maintain</li> <li>• Where they can find additional resources on the fence law in effect in their county</li> </ul>	<p>As a result of attending the class:</p> <ul style="list-style-type: none"> <li>• 88% of participants would recommend this program to others</li> <li>• 90% know now there is more than one fence law in Missouri</li> <li>• 85% know what fence law is in place in the county their land is located</li> <li>• 84% know their responsibilities under the fence law</li> <li>• Know where to go to find additional information and help</li> </ul>	<p>Knowing which fence law is in effect in your county and following that law helps lower conflicts between landowners. This in turn reduces litigation costs. Figuring an average of \$150 per hour for an attorney, this program can potentially save Missouri landowners \$47,250 in legal fees.</p> <p>This helps Missouri livestock producers to be more profitable due to lower fencing costs of their own in addition to less legal time and litigation fees.</p>

# Agronomy

Wyatt Miller, agronomy specialist



## Agronomy Education


Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>Over 75 Clark County participants that include:</p> <ul style="list-style-type: none"> <li>• Farmers</li> <li>• Soil test customers</li> <li>• Private Pesticide Applicator Training participants</li> <li>• Plant and insect identification and diagnosis customers</li> <li>• Telephone and email questions/ requests for publications</li> </ul>	<p>A total of over 150 hours of learning by Clark County participants.</p>	<p>Evaluation of the various programs shows that participants learned:</p> <ul style="list-style-type: none"> <li>• Accurate identification of crop diseases, insects, and weeds and their respective control strategies.</li> <li>• Soil health pillars, its parameters, and benefits</li> <li>• Soil fertility management to increase fertilizer efficiency and protect the environment while maximizing yields</li> <li>• 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</li> </ul>	<p>Participants in agronomy education:</p> <ul style="list-style-type: none"> <li>• Used the safest and most efficient method to control the pest identified</li> <li>• Reduced tillage and incorporated cover crops in their corn-soybean rotation</li> <li>• Used the safest and most efficient method to control the pest identified</li> <li>• Managed fertilizer applications to row crop fields to maximize return per acre while minimizing loss of fertilizer to the environment</li> <li>• Applied restricted use pesticides using techniques and equipment that minimize human health risks and negative environmental impacts while providing effective pest control</li> </ul>	<p>Implementing crop management techniques that increase yield stability and overall yields directly results in higher profits for local producers. Like Missouri, Clark County's economy is heavily dependent on agriculture. By utilizing research proven best practices on their farms, citizens of Clark County improve their local economy. Regardless of whether research proven best practices are used to produce forage for a nearby herd or corn and soybeans marketed globally, there are clear benefits to increasing efficiency, productivity, and safety. Current and future generations benefit when research proven best practices are used and result in improved productivity and reduced negative environmental impacts.</p>

## Livestock



Brenda Schreck, livestock and youth specialist




### Show-Me-Select Replacement Heifer Program

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>One Clark County beef producer is enrolled in the Show-Me-Select Replacement Heifer Program.</p> 	<p>Clark County's one beef producer sells heifers in the two Show-Me-Select Heifer sales held in Palmyra, Missouri each year.</p>	<p>The Show-Me-Select program focuses on increased adoption rate of management practices by Missouri farmers, offers potential to improve long-term herd reproductive efficiency and increases profitability. Program participants learn about the importance of pre-breeding examinations and how it affects their operation on an economic and productivity level.</p>	<p>Three hundred and seventy-three head of heifers were sold in the spring and fall sales, with a combined average price of \$1,739.</p>	<p>The Show-Me-Select program focuses on increasing marketing opportunities for, and adding value to, Missouri-raised heifers with the creation of reliable sources of quality replacement heifers in terms of genetics and management. By increasing the quality of reproductive efficiency in their beef herd, producers in northeastern Missouri added \$663,325 to the local economy.</p>


### Tri-County Livestock Judging Clinic and Competition

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>Six Clark County 4-H members participated in the tri-county livestock judging clinic, which was held at various producer farms in Lewis County.</p> 	<p>A collective total of thirty hours of learning by Clark County participants.</p>	<p>Participants learned various livestock judging skills such as decision making, effective communication and how to present a set of reasons. Clinic instruction also included basic anatomy and understanding Expected Progeny Differences.</p>	<p>Participants qualified and went on to represent Clark County in the State 4-H Livestock Judging Contest.</p> 	<p>Youth utilize skills learned at the clinic to increase the quality of their livestock, thereby increasing herd profitability and impacting the economy of the state of Missouri. By learning these skills at a young age, future farmers are better equipped to lead the next generation in agriculture production and management across the state and nation.</p>

## Women in Agriculture Workshop

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>One Clark County resident participated in the Women in Agriculture Workshop.</p>	<p>A collective total of five hours of learning for Clark County participants.</p>	<p>Participants learned about food labels and how to apply that knowledge to dietary planning; cover crops and soil health; farm Service Agency programs; farm bill programs and some of the programs that are offered in Lewis County.</p>	<p>Participants learned what programs are available to assist with farm financial management through the USDA. They also learned the importance of cover crops, what crops work well in northeast Missouri and other factors to control soil erosion. Participants learned how to better understand food labels and how to apply the knowledge to dietary planning. Participants enjoyed a hands-on session on spring flower arranging under the guidance of the regional Extension horticulture specialist.</p>	<p>By offering programs targeting women in agriculture, MU Extension empowers women to make informed decisions about farm and home management.</p>
				

## Show Stock Clinics

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>Three Clark County 4-H members participated in the Show Stock Clinics.</p>	<p>A collective total of twelve hours of learning by Clark County participants.</p>	<p>Participants were provided with hands-on learning about each animal species' nutritional requirements, biosecurity and basic care.</p>	<p>Grooming and showmanship demonstrations were presented on live animals so that youth learned how to present and display a quality animal at a county fair.</p>	<p>By learning about livestock biosecurity and health and nutrition, youth enrolled in livestock projects are better equipped to raise healthy, quality market and breeding animals. Teaching animal husbandry knowledge provides basic skills that can add to overall herd profitability on the family farm and create youth who are better prepared to contribute to the agriculture industry as adults.</p>
				

## Horticulture

Jennifer Schutter, horticulture specialist



### Home Horticulture

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
Twenty-five Clark County residents receive <i>Garden Talk</i> , horticulture newsletter each month.		<i>Garden Talk</i> informs readers of timely gardening tips and other important gardening practices and production methods, new varieties, planting methods, plant diseases and insects, monthly garden tips and upcoming horticulture events. The newsletter also lists upcoming horticulture events and activities.	Readers use the information in the newsletter and apply it to their own gardens, community beautification projects and when helping others.	By supporting MU Extension's Home Horticulture program, citizens receive high quality horticulture information that is unbiased and research-based.

### Tree Pruning Workshop

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
Two Clark County residents participated in the Tree Pruning Workshop.	A total of six collective hours of learning by Clark County participants.	Participants learned how to properly prune ornamental and fruit trees, using the proper tools and pruning at the right time of the year.	Participants applied proper pruning techniques when pruning their trees and trees in their community.	By supporting MU Extension's Horticulture program, citizens receive high quality horticulture information that is unbiased and research-based.

## Community Development

Chris Kempke, community development specialist



### Rivers Confluence Stronger Economies Together (SET)

Number of Clark County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Clark County and Missouri Better?
<p>Ten Clark County learners participated.</p>	<p>A total of thirty seven collective workshop hours were completed in 2018.</p>	<p>Along with representatives from Lee and Hancock Counties, Clark County participants learned about regional workforce development, along with regional economic and recreational development. Participants learned how to put lessons from previous SET planning sessions to action.</p>	<p>Participants worked with employment agencies and employers to learn some of the barriers to employment in the rivers confluence region and better understand the challenges of employers in finding help. Participants also helped establish a communication system to connect unemployed/ underemployed individuals with training opportunities and potential employers.</p> <p>Participants also have worked to identify potential recreational trail in their area, creating a recreation and economic development asset within the region.</p>	<p>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, multi-year effort but still produces more imminent impacts. The plan developed in Clark, Lee, and Hancock Counties (known as the Rivers Confluence) focused on 4 goals:</p> <ul style="list-style-type: none"> <li>• Develop a comprehensive outreach program that leverages the strength of community organizations to increase collaboration and partnerships by 2018.</li> <li>• Increase the number of Stage 2 Businesses in the Region by five percent to 495 by 2021.</li> <li>• Increase the number of Confluence Regional full-time positions filled with regional workforce by ten percent by 2021.</li> <li>• Provide infrastructure that increases connectivity and facilitates the expansion of existing businesses.</li> </ul> <p>Recreational trails can improve the quality of life of a community, make it safer and more healthy</p>



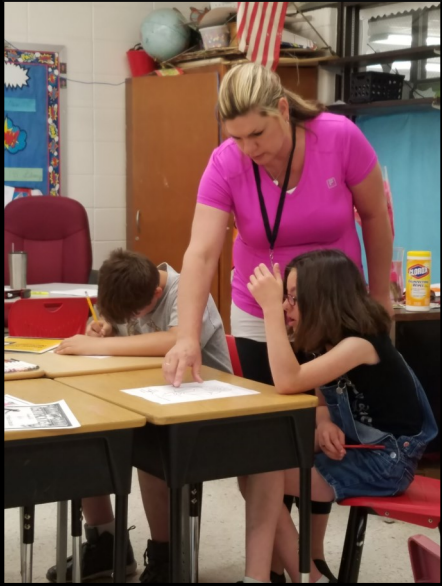
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## Clark County University of Missouri Extension Council

### OFFICERS

Donna Flood chair  
Kenny Sowers vice chair  
Dani Waterman secretary  
Joe Thompson treasurer

### ELECTED MEMBERS

Laura Babington District 1  
Matt Straka District 1  
Alice St. Clair District 2  
Leellen Schultz District 3  
Lora Jacobson District 3  
Roberta McAfee District 4  
Kent Kirchner District 5  
Esther Justice District 6  
Susan Schmitz District 6

### APPOINTED MEMBERS

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

## University of Missouri Clark County Extension Staff



**Katie Hogan**  
4-H Youth Educator  
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**Wendy Atterberg**  
Family Nutrition Education  
Program Associate  
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**Ramona Jackson**  
Administration  
Assistant  
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### Additional Staff Serving Clark County

#### Youth and Families

Sherry Nelson	Human Development	573-633-2640	nelsons@missouri.edu
Margo Myers	Nutrition and Health	660-665-9866	myersmk@missouri.edu
Mary Smyser	Nutrition Program Director	573-769-2071	smyserm@missouri.edu

#### Agriculture

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Jennifer Schutter	Horticulture	660-665-9866	schutterjl@missouri.edu
Kent Shannon	Natural Resource Engineering	573-445-9792	shannond@missouri.edu

#### Business and Community Development

Charles Holland	Business Development	660-327-4158	hollandca@missouri.edu
Chris Kempke	Community Development	573-769-2177	kempkec@missouri.edu

#### Other Staff

Michael Krauch	NE Regional Director	573-882-3335	krauchm@missouri.edu
Shari Pretz	NE Administrative Associate	573-882-4554	pretzs@missouri.edu

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 county MU Extension Office at 660-727-3339 for more information.

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 Kattelmann: Presiding Commissioner**  
**Gary Webster: Western Commissioner**  
**Henry Dienst: Eastern 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.*

## University of Missouri

### Clark County Extension Council

### ANNUAL FINANCIAL REPORT FOR 2018

REVENUES	
County Appropriations	32,400.00
<b>TOTAL REVENUE</b>	<b>\$32,400.00</b>
EXPENSES	
Salaries	\$20,023.07
Payroll Expenses	2,285.93
Travel	2,341.77
Communication	3,072.10
Supplies & Services	2,788.45
Maintenance	2,788.45
<b>TOTAL EXPENSES</b>	<b>\$31,979.07</b>



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