January 2014

Dear Members of the County Commission, Volunteers and the Community:

Thank you for continuing to make University of Missouri Extension relevant and successful in providing educational programs for citizens of Lincoln County. This annual report outlines some of the success MU Extension has had in Lincoln County during 2013.

The success of University of Missouri Extension in Lincoln County depends upon the dedication and support of members of the County Extension Council. The council assists staff with planning and implementing programs by communicating the interests and concerns of local citizens. Programming efforts require the best efforts of our partnerships in the state to maximize and apply our resources where the greatest impact can be made.

We want to extend a special thank you to the Lincoln County Commission for their continued support of the Lincoln County Extension Center.

We would also like to thank all of our volunteers, partners and stakeholders who continue to support our efforts in extension.

When you support University of Missouri Extension, Lincoln County benefits as well as the state of Missouri!

Doyle Justus  
Council Chair

Terry Mudd  
Vice-Chair

Wayne Shannon  
County Program Director
December 2013

Dear County Commissioners and Associated Friends of MU Extension:

As we enter 2014, we at University of Missouri Extension celebrate our 100-year partnership with you, with the State of Missouri and with the federal government. Through the Smith-Lever Act of 1914, the Cooperative Extension Service was established to provide practical application of research knowledge “to persons not attending or resident in said colleges in the several communities.” Over the years, the mission to bring you relevant, reliable and responsive education to improve lives and local economies remains the same. Yet, we also have changed to help you meet emerging issues and to take advantage of emerging opportunities.

Every day, MU Extension helps create value for citizens. For example:

- Throughout the state, MU Extension provides information to help address issues and opportunities related to Missouri’s economic infrastructure, public services, economic development, jobs and educational access. Counseling more than 3,000 business clients in FY12 resulted in 9,328 new jobs, sales increases of $188 million, $213 million in new business financing, and government contracts of more than $195 million.
- Our state and nation are in need of workers who are highly proficient in science, technology, engineering and math (STEM). Research has shown that 4-H members develop an increased interest in science three times higher than their non-peers. Both non-traditional activities, such as robotics, and more traditional activities, such as livestock judging and food preparation, are doorways to science-related careers.
- Livestock production accounts for about 53 percent of the state’s agricultural receipts. MU Extension’s Tier Two Show-Me-Select Replacement Heifer Program, which improves reproductive efficiency of beef herds, has garnered producers $237 to $357 per heifer, depending on breeding protocol followed. Statewide economic impact of the program has exceeded $65 million.

These are just three examples of MU Extension’s impact – made possible through your support of MU Extension in your community. I look forward to our continuing partnership, and as always, your ideas for improving our partnership are welcome.

Sincerely,

Michael D. Ouart
Vice Provost and Director

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

EQUAL OPPORTUNITY/ADA INSTITUTIONS
Impact on Lincoln County, Missouri

**The County at a Glance**
- Population: 52,122
- UM Students: 368
- UM Alumni: 1,308
- UM Employees: 31
- UM Salary & Retirement Income: $1,131,820
- UM State Tax Revenue: $34,639
- UM Federal Tax Revenue: $168,745

**UM Students from the County in 2013**
- 368 students
  - 172 - MU
  - 14 - UMKC
  - 47 - Missouri S&T
  - 135 - UMSL
  - 322 - Undergraduates
  - 46 - Graduates
  - 263 - Full-time students
  - 105 - Part-time students

**UM Alumni Residing in the County in 2013**
- 1,308 alumni
  - 617 - MU
  - 24 - UMKC
  - 124 - Missouri S&T
  - 543 - UMSL
  - 441 Selected School Alumni
    - 2 - Medicine
    - 72 - Nursing
    - 17 - Health Professions
    - 4 - Dentistry
    - 2 - Pharmacy
    - 3 - Optometry
    - 16 - Veterinary Medicine
    - 160 - Agriculture
    - 148 - Engineering
    - 17 - Law

**UM Employees and Retirees Residing in the County in 2013**
- 31 people employed by UM
  - 15 - MU
  - 2 - UMKC
  - 2 - Missouri S&T
  - 8 - UMSL
  - 4 - UM Health Care
  - 13 UM Retirees and Beneficiaries

**UM Services Received in the County in 2013**
- 415 patients seen at UM Health Care, with $190,532 of uncompensated care.
- 8 patients seen at the UMSL Center for Eye Care with an average of $82 per patient in uncompensated care.
- 2 patients seen at the UMKC School of Dentistry with an average of $26 per patient in uncompensated care.
- 17,200 contacts with MU Extension through MU Extension events held in district counties.

**UM Construction Projects involving Vendors located in the County in 2013**
- 1 vendor involved with 1 project, for $140 thousand.

Office of University Relations
309 University Hall • Columbia, MO 65211 • 573-882-2726
www.umsystem.edu/ums/ur/
4-H is an active, dynamic organization of young people who are learning, growing and preparing to be the leaders of today and tomorrow—making a real difference in their community, country and world. 4-H provides opportunities for members 8-18 and clover kids 5-7 to gain leadership, citizenship and life skills through fun and innovative hands-on activities. 4-H is an experience that builds friendships at camp, conference and events as well as club and project meetings. During the 2013 4-H year, Lincoln county had 429 members and 146 adult volunteers enrolled in eleven 4-H clubs. The top five 4-H projects for Lincoln County were swine, archery, shooting sports safety, shotgun and horse riding.

Elizabeth “Betty” Schlueter began her 4-H career as a member of the Millwood Knights 4-H club in the early 1960’s. Projects selected for her first year were foods and clothing. An apron from her first year in 4-H remains a prized possession. Betty started working at the Lincoln county Extension Center on July 15, 1974, a position she holds today. Although the scope of the work has changed dramatically, her belief in the 4-H program and Extension have not.

For more than 37 years, Elizabeth has dedicated her time and talent as a member, volunteer, mentor and supporter of Lincoln County 4-H. Her son and daughter began their 4-H careers in sugar Grovers 4-H Club. In 1990, she served as the first club leader for Kountry Kids 4-H club. Betty has worked tirelessly to provide quality experiences to help club members reach their full potential. She has taught a variety of projects—computers, foods, clothing, bowling, rocketry, visual arts, child development and breads. In 2013, there were 13 4-H members in the breads project Schlueter lead. Through her work at the Lincoln County Extension Center to volunteering with the Lincoln County Fair to her service as a Missouri State Fair Commissioner and Chair, she truly represents the 4-H program.

MASH Camp

The Missouri Area Health Education Center, in partnership with Lincoln County Medical Center, Friends of Lincoln County Medical Center and Troy Wal-Mart conducted the annual MASH (Missouri Area Science & Health) camp in Troy. These camps aim to spark an interest in healthcare and science prior to high school course work. MASH camps are two day “hands-on” summer day camps for students entering 6th, 7th and 8th grades. The camp charges a $40 fee which includes instruction from health professionals, educators and faculty from area high schools and colleges, classroom materials, lunch, snacks, t-shirt and group photo. This year, twenty-four area students participated in workshops that included emergency room procedures, blood typing, bacteriology, ambulance service, air-evac, illegal street drugs, suturing, cow eye dissection self-defense, occupational therapy, first aid, injections, CPR and health careers. Rhonda Shafer started the camp off with team building exercises that included ball toss, to introduce students; action syllables, categories list, handshakes, teamwork cards, and, finally the hula hoop pass. All activities designed to let students get acquainted and feel comfortable with each other to allow for a more intense learning experience at the camp.

4-H Camp

Fifty-one members attended 4-H camp at Cuivre River State park near Troy. Activities included crafts, swimming, parachute games, robotics, candle lighting and campfire. The four-day camp taught campers to respect each other; how to wake up early; how to make friends and not be afraid to speak up; that it’s OK to join in the crown; to keep you cabin clean and to have fun!
The Lincoln County Master Gardeners ended 2013 with the following: 30 certified, active members, 9 trainees, over 3000 hours of
 donated time to the community, and a donation of over 1 ton of fresh produce and vegetables donated to the Bread for Life Food
 Pantry in Troy – an excellent showing for an organization that is only two years old! JoAnn Hill was presented the “Golden Trowel”
 for her 700 plus volunteer hours.

Gardeners provided guidance in the Dig into Reading summer program offered by the Troy school district, maintained a community
door in both Troy and Winfield, and assisted with the annual Girl Scout Roundup at Camp Tuckaho – which included helping
approximately 300 girls pot plants after some of them had just had their nails done! After going through a judging class, gardeners
judged the FFA Floriculture show at the Lincoln County Fair.

The annual plant sale provides funding for the MG projects. Community classes on a variety of topics continue to be offered. A
third core training class was held in the fall with another already planned to begin in August of 2014.

Multiple gardeners find individual projects throughout the community to support. From helping FFA contest teams to extension
center clean up days to landscaping nursing homes, many gardeners seek ways to meet their annual hour requirement in ways that fit
their schedules.

The Lincoln County group is also an active participant in the Missouri Master Gardener Association, Inc. (MOMGA) and is home to
the MOMGA state treasurer for 2013-2014, Blanche Kelly.

Tentative plans for 2014 projects include the annual plant sale, an outreach event at Winfield High School, school beautification
projects, and work at the Lincoln County Courthouse to name just a few.

Program contact is Blanche Kelly at dan252@centurytel.net.

2013
Lincoln County
Master
Gardeners
Level 1
Training
Graduates

Seated left to right: Patti Laffoon, Debby Suchland, Jeanne Hutson, Jeni Trent
Standing, left to right: Debbie Heath, Marty Wood, Alissa Clement, Linda Coburn, John Fread, Scott Zykan, Bill Taynor
Family Nutrition Education Program

Julie Royse, East Central FNEP project director

University of Missouri Extension Family Nutrition Education Programs (FNEP) reached 5,141 low-income participants with nutrition education in Lincoln County during 2013. FNEP provides information on nutrition, food safety and physical activity for lifelong health and fitness.

Nutrition education for youths provides information in kid-friendly terms and lessons with hands-on activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults includes nutrition, food safety, physical activity and food resource management.

Heather Eoff and Tosha Mudd, nutrition program associates, served students and adults alike in Lincoln County. Food Power Adventures were hosted at Silex Elementary and Clarence Cannon Elementary.

During 2013, 1,975 youths and 3,166 adults were served through schools, community groups and agencies. The following is a list of local schools where students were served:

- Clarence Cannon Elementary
- Hawk Point Elementary
- Boone Elementary
- Lincoln Co. Head Start
- Silex Elementary

Evaluation data collected across the entire state reflects the positive impacts that occur in every county with FNEP. Participants in FNEP become more aware of nutrition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increase their physical activity and, in general, make healthier food choices. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important programming effort serves to reduce health care costs over the participant’s lifetime, saving taxpayers money in reduced public health care benefits and insurance premiums.

The Family Nutrition Program (FNP) brought $7,653,958.00 in federal funds to the state of Missouri. These funds were used to provide nutrition education to 1,069,104 food stamp recipients and food stamp-eligible citizens of Missouri. It also funds a part time position with quality benefits plus expenses for making the programming available to qualified schools and agencies in the county.

Cooking Matters for Kids at Elsberry Elementary

Clarence Cannon Elementary in Elsberry requested nutrition programming from University of Missouri Extension for their afterschool program. The Cooking Matters for Kids curriculum was selected to be team taught by Chris Merritt and Linda Reller-gert, nutrition specialists. The students were divided into three groups by grade: third, fourth and then fifth and sixth grades together. This helped keep class size to 15 or 16 participants so that each student could participate more fully in the hands-on activities. The curriculum is designed to be six weeks of instruction, with the program running 18 weeks at Clarence Cannon to accommodate all three groups.

Sixteen third graders attended one or more of the sessions, although only 13 were officially counted as participants. Parent permission and waiver forms were not received for the remaining three students to officially enroll them. Thirteen fourth grade students participated in the class, with eight attending at least four sessions, and so counted as ‘graduates.’ Twelve fifth and sixth grade students participated in the class, with nine attending at least four sessions, and so counted as ‘graduates.’

The students completed pre- and post-class surveys to assess their attitudes about preparing and eating healthy foods. The biggest changes according to survey results were the following:

- Before the class 53 percent were not able to make a fruit snack all by themselves. After the class 73 percent were very certain they were able to do so.
- Before the class 67 percent were certain they could make healthy choices when eating out. After the class 82 percent could.
- Before the class, 60 percent of the students felt they could definitely talk to their family about healthy eating and healthy cooking. After the class definite responses rose to 82 percent.
- 67 percent of the children felt they knew how to follow recipe directions. After the class, 73 percent could.
- All but two students indicated they liked coming to class.
- When asked, their favorite part of class, most comments were about cooking.

Some behaviors and attitudes did not change or even were less positive after the class. For example, all of the students liked fruit before the class as well as after taking the class. The percentages of students who really like to choose drinks low in sugar went from 67 percent before the class to 64 percent afterward. The percentage of the students who were very confident in their ability use a knife safely dropped from 87 percent before the class to 82 percent following the class. Perhaps over the course of the series they realized their knife skills were not as good as they had originally thought. The teachers and school personnel were wonderful partners and the students enthusiastic and interested in participating in the class.
Agriculture Programs

Program contact: Wayne Shannon, livestock specialist
Charles Ellis, natural resource engineer

Pork Quality Assurance

Consumers, processors, grocery retailers and foodservice operators have shown a growing interest in the attributes of the products they purchase for food, including the well-being of the animals raised by producers. To remain competitive, producers must respond by demonstrating compliance with modern animal care and operation practices.

Pork Quality Assurance Plus (PQA Plus) is an on-farm educational assessment tool pork producers can use to objectively assess the care and well-being of their farm raised hogs. In 2013, four PQA Plus and site assessment training workshops were held in the area. Twenty-one individual producers were able to become certified through the educational program and receive a benchmark site status designation upon completion of an on-farm site assessment.

Participants reviewed animal care and management practices, developed treatment records and backup plans in case of on-farm equipment failures. Industry standard guidelines for euthanasia of ill or injured animals were reviewed and euthanasia plans developed.

Youth Livestock Projects

Youth livestock projects help young people develop responsibility, caring, self-esteem, and a work ethic in addition to animal husbandry skills. In 2013, Lincoln County 4-H and FFA members successfully exhibited 738 livestock projects.

Project animals included swine, horses, lambs, beef, rabbits, and poultry.

The annual Lincoln County Fair includes one of the largest and best youth livestock shows in Missouri. The program is conducted with the assistance of many volunteers, parents, grand-parents and MU faculty and staff.

Cover Crops and Soil Health Program

The last five years has brought about renewed interest in the use of cover crops in a crop rotation. Along with this interest is also increased interest in what goes on in the soil related to soil microbes, fungi, worms, soil fertility and how they interact with plant roots. This is one of the reasons for looking at cover crops is to provide roots in the soil for these interactions when a cash crop is not being grown. Being able to incorporate cover crops into a corn/soybean rotation can be challenging for several reasons. These include timeliness to get seeding done, time and labor available in the fall, finding compatible cover crops and how to manage the cover crop in the spring. Reasons for using a cover crop after a cash crop include:

- Erosion Control
- Compaction Reduction
- Improve Soil Quality
- Nutrient Recycling
- Nitrogen Producer (Legumes)
- Forage Production

To assist Lincoln County producers in incorporating cover crops into their crop rotation, University of Missouri Extension, the Lincoln County SWCD and the Plant Materials Center hosted a cover crop and soil health meeting. This meeting incorporated a species plot tour at the PMC in addition to classroom sessions. These sessions cover topics such as species selection, Missouri Extension plot work, cover crop seeding methods and economics of cover crops. The meeting attracted over 100 participants from a 17 county area including some from Illinois. These participants farm or influence over 300,000 acres. Results from the evaluation show that this was a high quality program, with a need for future meetings. Some things from the evaluation show that: 43 percent of the participants presently use cover crops.

- The participants presently have over 6000 acres in cover crops.
- 100 percent of the participants agree that the meeting provided them with information on how to incorporate cover crops in their operations.
- 70 percent of the participants stated they would increase cover crop acreage in the next 12 months.
Extension Meeting Explains “How to Comply with EPA on Farm Fuel Storage Regulations”

University of Missouri Extension conducted meetings designed to help farmers develop a plan and avoid penalties for not having a plan in place. Farmers that only need Tier I self-certification plans are only required to have plans in place and are not required to send plans to EPA unless there is an oil spill. Oil spills endanger public health, impact drinking water, devastate natural resources, and disrupt the economy. Congress has charged the EPA to protect our waters by requiring farmers that store petroleum products to have a Spill Prevention, Control, and Countermeasure (SPCC) plan in place to prevent a discharge of oil into navigable waters or adjoining shorelines.

A farmer needs an EPA SPCC Plan if: An oil spill from farm storage could reach water and you store oil (such as diesel, gasoline, hydraulic oil, lube oil, crop oil or vegetable oil, etc.) in: Aboveground quantities of more than 1,320 gallons; or Completely buried tanks with more than 42,000 gallons of oil.

Farms meeting the Tier I requirements are eligible for self-certification using a short SPCC Plan Template. This template and determining Tier I status for producers was the subject of an Extension educational meeting for local producers to determine if they were required to do the self-certification and if so how to go about doing that certification. At the conclusion of the meeting, twenty four producers in Lincoln County with over 20,000 acres of production using over 45,000 gallons of fuel per year now have the knowledge to be in compliance with this EPA mandate. Evaluations from the meeting show that:

- 70 percent of producers had heard of the EPA Tier I SPCC plan.
- 100 percent agree that the meeting provided the information needed to complete the EPA Tier I Self-Certification Plan.
- Prior to the meeting 0 percent had completed a plan.
- 66 percent reported that they would not have completed a plan without attending this meeting.
- 80 percent of producers plan to complete a plan within the next year.

Grassland Evaluation

The Grassland Evaluation program has been a very successful curriculum to teach youth interested in agriculture more about forage and livestock management. The Grassland Evaluation program consists of four sections: Grassland Condition, Soil Evaluation, Wildlife Habitat and Plant Identification that are taught in a con-test structure. Each of these factors must be considered in evaluating pastures or grasslands to best utilize the resource and to help make useful management decisions. During a contest, students are taken to a pasture site, presented a livestock herd scenario and asked questions to make judgments concerning herd management.

An on-farm grassland evaluation workshop was held for Lincoln County youth in September. FFA students from Elsberry, Silex and Troy later placed second, third and fourth in the 2013 Northeast district contest and advanced to the state contest level of competition.

Show-Me-Select Replacement Heifer Program

The Show-Me-Select program focuses on increased adoption rate by farmers in Missouri of management practices that offer potential to improve long-term reproductive efficiency of their beef herds and resulting profitability. Marketing opportunities are also increased which add value to Missouri-raised heifers with the creation of reliable sources of quality replacement heifers in terms of genetics and management.

Four beef producers in Lincoln County are enrolled in the Missouri Show-Me-Select Replacement heifer program. Three of the producers sold 58 heifers in the Show-Me-Select Heifer Sale held in December, where 275 head of heifers sold for an average price of $2,177.
Overall, the University of Missouri’s Business Development Programs (BDP) served 21,920 people and their businesses state-wide. The total impact for all businesses assisted by the BDP was:

- 1,981 new jobs
- 3,514 retained jobs
- 253 new businesses
- $194,194,820 of increased sales
- $218,500,000 in awarded government contracts
- $217,050,115 in loans and investments received
- $12,762,930 in research proposals submitted
- $5,159,574 in research awards received
- 3,080 clients/companies receiving assistance or counseling
- 18,840 participants attending training events and conferences

The state and regional business development faculty contributing to these successes work with businesses in all counties across the state.

In Lincoln County seven individuals or businesses received counseling and three participated in a training event or conference. Lincoln county residents have been served by several different Small Business & Technology Development or Extension Centers during the year, including several centers in the St. Louis area. The Missouri BDP is in the process of hiring a business specialist to be headquartered in Franklin County; this specialist will serve Lincoln County although county residents may request assistance from the most convenient center.

The Business Development Program delivery network includes business development specialists headquartered at University of Missouri Extension centers; centers located on the University of Missouri campuses at Columbia, Kansas City, St. Louis and Rolla; and centers at most of the state universities across Missouri. The programs delivered through this network include:

- Missouri Small Business & Technology Development Centers – Funded by the U.S. Small Business Administration, this award is matched on the local level by state university hosts and private sector partners. Services include individualized business counseling and a wide variety of educational opportunities.
- Technology development and commercialization - Specialists in this area work with university faculty and other innovators to win awards in support of the commercialization of technology.
- Missouri Procurement Technical Assistance Centers (MO PTAC) – Specialists in this program help guide businesses in selling products and services to federal, state and local government.

MU Continuing Education

MU Extension partners with several of the University’s schools and colleges to deliver noncredit continuing education courses, programs and training in a variety of professional trades that contribute to the success of public-sector organizations and private industries throughout Missouri and the nation.

Records indicate 467 Lincoln county citizens enrolled in MU Continuing Education courses in 2013. Enrollments were in MU Extension’s Fire and Rescue Training Institute, the Law Enforcement Training Institute, Missouri Training Institute for business consulting, nursing, and MU conferences.
Leader’s Honor Roll Recipients Recognized

Laura White and Doyle Justus were the 2013 recipients of the University of Missouri Leader’s Honor Roll. White was honored for her work with the county-wide poultry project. In 2013, Ms. White assisted 74 members of 4-H and FFA gain knowledge on poultry management.

Justus was recognized for his efforts as an Extension Council member and chair of the council. In addition, he serves as a 4-H project leader and FFA advisor.

Both work closely with the Lincoln County Fair in the areas listed.

Shown are Rhonda Shafer, Charles Ellis, Laura White, Doyle Justus and Wayne Shannon.

### 2013 LINCOLN COUNTY FINANCIAL SUMMARY

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<th>Amount</th>
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<td><strong>Total expenses</strong></td>
<td><strong>$59,940</strong></td>
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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, sex, sexual orientation, national origin, age, disability or status as a protected veteran.

Lincoln County faculty and staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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</thead>
<tbody>
<tr>
<td>Charles Ellis, natural resource engineer</td>
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<tr>
<td>Wayne Shannon, livestock specialist/county program director</td>
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<tr>
<td>Regional faculty serving the county</td>
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<tr>
<td>Ken Bolte, agriculture business specialist</td>
<td></td>
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<tr>
<td>Heather Eoff, nutrition program associate</td>
<td></td>
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<tr>
<td>Linda Rellergert, nutrition specialist</td>
<td></td>
</tr>
<tr>
<td>Dean Larkin, community development specialist</td>
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<tr>
<td>Chris Merritt, nutrition and health education specialist</td>
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<tr>
<td>Chris Thompson, business development specialist</td>
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<tr>
<td>Rhonda Shafer, 4-H youth specialist</td>
<td></td>
</tr>
<tr>
<td>Elizabeth Schluter, administrative assistant</td>
<td></td>
</tr>
<tr>
<td>Scott Killpack, horticulture specialist</td>
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<tr>
<td>Rich Hoormann, agronomy specialist</td>
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<tr>
<td>Tosta Mudd, nutrition program associate</td>
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<tr>
<td>Teresa Mariscal, human development specialist</td>
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<tr>
<td>Lynette Watson, business development specialist</td>
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<tr>
<td>Vivian Mason, family financial education specialist</td>
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</table>

University of Missouri Extension serves Missouri by extending research-based knowledge and high-quality educational programs to address the high-priority needs of citizens at the local level.