



UNIVERSITY OF MISSOURI EXTENSION

Clinton County

2023 ANNUAL REPORT

100 S. Y Hwy Plattsburg, MO 64477 816-933-2138



an equal opportunity/ADA institution



OFFICE OF THE VICE CHANCELLOR FOR EXTENSION AND ENGAGEMENT

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December 2023

Dear county commissioners and friends of MU Extension and Engagement,

Thank you for your important partnership with the University of Missouri Extension this past year.

I want to highlight three areas that address needs you helped us identify.

You may recall that the FY 23 state budget provided a one-time \$5 million infusion to MU Extension for growth. Of that, we allocated about \$3 million for field faculty in the areas of agriculture, 4-H, health/human development and business and community development.

Through a dedicated hiring effort, and thanks to that allocation, we have hired 168 new employees since November 2022. That includes 72 academic/faculty members, most of whom are field specialists in a priority area noted above, and 96 staff members (e.g., office administrators, youth and food and nutrition associates, etc.).

We also returned more faculty to local program delivery that best serves your county's needs, while preserving the partnership and relationship building work you value. Our extension and engagement specialists focus full-time on that work as they serve their assigned multi-county groups. Currently, 19 have been hired, with two more in the pipeline.

Finally, we are prioritizing our work with county extension councils. In the new role of partnership and council development director, Lorin Fahrmeier focuses on strengthening council representation and governance. This role will build stronger links with regional, educational and campus leadership to better identify and address local priorities.

At the UM System level, our engagement work across four universities and with leaders across the state makes a difference in areas of greatest need: broadband, workforce development, health access, food security and healthy futures for our youth.

Your county annual report shows what we are accomplishing together as we Serve Missouri and Deliver Mizzou. We look forward to strengthening that partnership with county commissioners and community stakeholders in the coming year.

Sincerely,

Chad Higgins, PhD

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Interim Vice Chancellor, MU Extension and Engagement

Chief Engagement Officer, UM System

Budget and more

2023 Extension Council Budget

Income	
County Appropriations	126,955.00
Donations	3668.04
Service Fees	18.00
Misc. Income	51,114.26
Reimbursement	3856.62
Rebate	116.00
Balance Transfers	46,519.44
Total Income	\$232,247.36

Expenses

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Salary	17,639.96
Payroll Expenses	1,367.94
Travel	2,509.34
Postage	264.46
Phone	570.25
Advertising	3,552.67
Rental Space	3,320.00
Equipment Rental	1,274.00
Copy Service	1,715.04
Supplies/Service/Trash	25,531.58
Professional Services	250.00
Utilities	1035.92
Insurance	1,865.37
Miscellaneous	298.02
Working Capital	51,825.00
Repairs/ Maintenance	112.79
Mowing/Cleaning	80.00
Purchase of Building	115,361.15
Total Expense	\$228,573.49









MU Extension Funding Partnerships Federal and state higher education funding support professional staff and county funds pay for the local office and programming. Donations can be directed to specific Extension and 4-H programs.

Citizens For Clinton County Extension

The voters of Clinton County approved a new tax levy April 6, 2021, to ensure future funding for Clinton County MU Extension The Citizens for Clinton County Extension promoted the value of MU Extension programming and services throughout the county reaching out to Clinton County Extension, 4-H and MU alumni; civic organizations; neighbors and friends with informative materials and conversations.

The tax rate of \$0.0375 per \$100 property valuation was determined by the Council to provide adequate funding to meet the goals of not only the current but the future Clinton County Extension. The revenue generated annually will sustain the research-based resources, programming and services from the University of Missouri for the benefit of improving the lives of Clinton County citizens.

The passage of the tax reinforced the respect and value the Clinton County citizens hold for MU Extension in Clinton County from its history, current activities and future expectations.

How has the increased funding impacted Clinton County MU Extension?

- Clinton County employs a full time 4-H Youth Program Associate and continues providing office support for the Clinton County 4-H Youth Specialist position.
- Clinton County Extension is an active participant with the Clinton County Initiative creating opportunities for economic growth, leadership and quality of life for Clinton County.
- The council continues to make improvements at the Clinton County Youth Building and grounds.
- The Clinton County MU Extension office was able to secure a permanent residence in the old ambulance building on Y Hwy.



Who we are

Faculty and Staff Serving Clinton County

Stacey Steffens, Regional Director, Northwest Region

Randa Doty, Extension Engagement Specialist

Laura Evans, Field Specialist, 4-H Youth Development

Tayler Shultz, 4-H Youth Program Associate

Julie Meek, Nutrition Program Associate

Tarunjot (TJ) Sethi, Field Specialist, Food & Nutrition

Connie Griffith, Program Manager, Food & Nutrition Education Program

Denice Ferguson, Field Specialist, Ag Business Wayne Flanary, Field Specialist,

Agronomy Jim Humphrey, Field Specialist,

Livestock

Jim Crawford, Field Specialist, Agriculture Engineering

Todd Higgins, Field Specialist, Horticulture

Katie Pemberton, Field Specialist, Human Development

Rebecca Lobina, Business Development, SBDC

Mathew Owens, Office Manager



Council members

Jon Clark, Chairman Jackie Tilford, Vice-Chairman Jim Patrico, Secretary Sandra Bryson, Treasurer Zane Myers, Farm Bureau Joyce Vetter, Master Gardener Ashton Roe, 4-H Council Representative Rick Tharp, Master Gardener Connie Tharp Kim Vinson Spencer Williams Darrell Wolf Karen Farnell Corey Wilkinson **Trevor Angle** Sara Giarratana

Clinton County Commissioners





Richard Riddell 2nd District





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Health & Human Sciences

Stay Strong, Stay Healthy

This multi-session exercise program that incorporates the latest research to help develop fitness, flexibility, and balance that enables older population to live independently longer. Tarunjot Sethi taught four in-person classes and had 38 participants from Caldwell, Clinton and DeKalb counties



What participants are saying...

""This program has improved my life by improving my strength and I love the socializing part of the class." Stay Strong, Stay Healthy participant

Self-Management classes



The Chronic Disease Self-Management Program (CDSMP) is a workshop for adults with at least one chronic health condition, which may include arthritis. Diabetes- Self management is a workshop for people with diabetes or care-givers. These classes focus on disease management skills including decision making, problem-solving, and action planning. Tarunjot Sethi with a co-instructor taught three classes and had 16 participants from Clinton, DeKalb and Buchanan counties.

What participants are saying...

"I am a newly diagnosed diabetic. Dealing with diabetes is very stressful. Talking with others like me is helping me better manage my stress."

-Diabetes class participant

Boost Your Brain and Memory



Boost Your Brain and Memory focuses on six areas and teaches participants how to incorporate healthy habits to improve your memory

and brain health. The six areas are intellectual activity, nutrition, physical activity, social engagement, spiritual activity, and stress management. In person classes were offered at the Northwest Technical School in Maryville in the Spring and Fall, the Clinton County Youth Building, the Dekalb County Extension Office, and the Rock Port Senior Center. Due to unforeseen circumstances the Dekalb County class had to be cancelled part way through but there are plans to reschedule for 2024. A total of 38 participants attended the classes and completed a final survey. A quote from a participant said that by taking this class the individual was given so much hope to know that they have some control over their risks.

A Matter of Balance

As the No. 1 cause of injuries and death from injury, falls threaten the independence of older adults and often prove costly, as well. A Matter of Balance helps adults 60 years old and up realize that falls — and the fear of falling — are controllable. Tarunjot Sethi along with another instructor taught this multi-session program two times in Clinton and DeKalb counties and had a total of 19 participants.



Health & Human Sciences

SNAP-Education

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,874,798 in federal funds to Missouri. During FY2023, Missouri's SNAP-Ed program reached over 78,000 Missourians through direct classroom education. Each person participated in an average of 6 hours of education totaling over 15,000 hours. In addition, an additional 760,135 persons participated in indirect education. Direct and indirect education resulted in over 1.8 million total contacts with Missourians.

A total of 637 participants were from Clinton County.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

Participating schools and agencies include:

- ✓ Lathrop Elementary
- ✓ Lathrop Food Pantry
- ✓ Clinton County Health Department
- ✓ Clinco Sheltered Industries
- ✓ Plattsburg Food Pantry
- ✓ Cameron Food Pantry
- ✓ Plattsburg Head Start

EFNEP

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,626,730 federal funds to Missouri. These funds were used to enroll 526 limited-resource families in nutrition education and meal preparation classes, representing 1,926 family members. Additionally, 1,980 youth were enrolled in EFNEP classes.

Nineteen of these youth participants reside in Clinton County.

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Julie Meek teaching Adventures in Nutrition with Show-Me Chef in Lathrop Elementary Kindergarten Class.

Success Story

The prekindergarten class at Lathrop Elementary in Clinton County have been having nutrition classes. They have learned about the protein foods group from MyPlate. They learned that protein foods build muscle and that there are various foods in the protein group such as meat, nuts, seeds, and beans. They also learned how important it is to exercise at least sixty minutes every day to keep your muscles strong. For the tasting, students took a piece of ham, put it on a whole wheat tortilla and sprinkled shredded cheddar cheese on top for a ham and cheese rollup. All the students loved the food tasting, adding that they could eat it as part of a meal or as a snack. The very next day, one of the students requested a ham and cheese rollup for lunch at home. That afternoon, the student's mother called the teacher saying her child would only eat chicken nuggets and she struggled to find healthy foods for him. She was very excited her child had asked for a nutritious and healthy food he would eat. Students now have a new food to eat as a meal or as a snack. They know to eat from all five food groups from MyPlate every day to have a healthy body. They know that exercising at least sixty minutes each day is also very important for a healthy body.



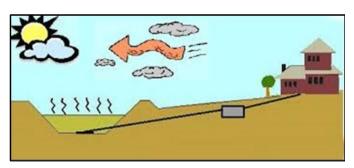
AG Updates and Private Pesticide Applicator Training

The Clinton County 2017 Agricultural Census indicated 45000 acres of corn and 66,000 acres of soybeans were grown with a total value of \$64,506,000 in crop sales. Row crop and forage production is extremely important to the Clinton County economy.

This training educated crop producers for safe handling and application of restricted use pesticides. Participants learned about pest identification, economic thresholds and injury levels, emergency planning procedure and the environmental ramification of improper pesticide application. More than 270 participants initiated or renewed a license, including 13 in Clinton County. Ag staff then followed Private Applicator Training with "hot topics" in fields of ag in Horticulture, Ag Engineering, Agronomy, Livestock and Ag Business. Further regional Private pesticide applicator training was held monthly in Buchanan County reaching an additional 33 producers.



Wayne Flanary, MU Extension Agronomy Specialist, conducting the Clinton County Private Pesticide Applicators training February 2023



A diagram of how an on-site septic system works when incorporating a lagoon in place of a leach field

Tar Spot in Corn

Estimated losses to this corn disease between 2018 and 202 are approximately 242.6 US million bushels, which is approximately \$900 million. Yield losses are due to reduced grain fill, kernel abortion and reduced test weight. MU requested field specialists in agronomy monitor Tar Spot spread and severity. It is now in my assigned counties and growers should be prepared for a plan of action next year. More than 65 producer phone calls and conversations were had regarding this new corn disease.



On Site Septic Systems

- ✓ The most common question this year was septic lagoons going dry from the drought and what should they do. Each is slightly different, but the general recommendation is to add water to maintain its function and to keep the bottom seal from cracking and causing leaks in the future.
- ✓ The average cost to replace a septic system is approx. \$20,000. By taking some simple preventative steps, a current system can be maintained, safely processing wastewater from the home and saving the owner the replacement costs.

Impact of using Production Records in a Commercial Cow/Calf Operation

Missouri ranks number three in number of beef cows in the United States with close to 1.9 million beef cows. A pilot project is designed to demonstrate the positive impact using production records can have on commercial cow/calf operations in northwest Missouri with a special emphasis on calf weight at weaning as a percent of cow weight. Information generated during this project is being used to create deliverables for a statewide program educating cow/calf producers on the importance of individual cow and calf weights, especially when management decisions need to occur in a timely fashion. Specifically, cows that are larger with higher maintenance requirements (Lalman et al., 2018), do not necessarily wean calves that are heavier. To investigate this, we collected data over a threeyear period from three spring calving beef operations located in northwest Missouri representing over 400 breeding age beef females. Cow weights, body condition scores, docility scores, and pregnancy status, were recorded each time, cows went through the chute. Calf weights were recorded in late spring and at weaning time. Additionally, calf weight as percent of cow weight was calculated for each cow/calf pair. Over the three-year period cow weights ranged from 750 lbs. to 1865 lbs., calf weights ranged from 228 lbs. to 758 lbs., and calf weight as percent of cow weight ranged from 15.9% to 71.3%. With the continued conversion of grazing and forage ground to cropland, optimizing cow efficiency is important for commercial cow/calf operations and we suggest cow/calf producers consider percentage of cow weight weaned when making management decisions. Adoption, of these practices will increase productivity contributing to the overall goal of doubling the economic impact of agriculture in Missouri by 2030.







Beef Cow Size and Record Keeping Project weigh day.



Heifers grazing stockpile in December 2023





Clinton County Small Farm Days

Clinton County Extension hosted the annual Small Farm Days program. In 2023 the focus was on cattle handling facilities, pastures, livestock watering and planning for a profitable return. Presentations were from MU Extension Field Specialists Jim Humphrey and Denice Ferguson. A pasture walk at Wilkinson Farms allowed participants to see production facilities in use.



Denice Ferguson talks about Planning for a Profitable Return



Participants get a wagon tour of Wilkinson Farms



Jim Humphrey and Corey Wilkinson talk about pastures, handling facilities, and livestock watering at the Clinton County Small Farm Days Event

Pond Management



The Clinton County Extension Council partnered with the Missouri Department of Conservation on Pond Management to manage a farm pond to be healthier and more productive.

Cover Crops Workshop



MU Extension Field Specialist in Agronomy, Wayne Flannery, presented at the Clinton County Cover Crop workshop hosted by the Clinton County Extension Council at the Clinton County Youth Building in Plattsburg.



Clinton County Master Gardeners

The annual May plant sale was well attended with strong sales and gave Master Gardeners an opportunity to answer customer's gardening questions. In 2023 goals included increasing membership with recent graduates of the Master Gardener training, host educational events at county meetings and secure a new grow shed.

Steps taken to achieve goals:

- ✓ Scholarships offered to Clinton County residents to participate in Master Gardener training. Two scholarships were awarded for participants who will complete the winter 2024 Master Gardener training
- ✓ Researched different types of grow facilities that would meet Clinton County needs to replace the greenhouse that was lost to a wind storm several years ago. In fall 2023, the Clinton County Extension Council purchased a new grow shed to be built and installed at the fairgrounds. The shed will be used for Master Gardener trainings, plant sales, community outreach, and to provide a place for Horticulture education to Clinton County citizens.
- ✓ Hosted a Garden Cover Crop meeting in November.



The Clinton County Master Gardeners fulfill their community service commitment by planting and maintaining annuals in the downtown Plattsburg containers, the landscaping at the courthouse, and entrance to Perkins Park. The group is also responsible for the landscaping, raised beds, and butterfly boxes at the Clinton County Youth Building.



The new Master Gardeners grow shed was installed at the Clinton County Fairgrounds. The shed has floor drains, water, heaters, and grow lights for horticulture production.



Clinton County plant sale was held in May. The plants quickly sold out. This is the primary fund raiser for the Master Gardeners.



The Master Gardeners decorated a Christmas Tree in Plattsburg to beautify the community.





As Clinton County 4-H Youth Development Specialist, Debbie Davis and Laura Evans facilitate the 4-H and youth program in Clinton County working directly with the Youth Program Associate, Tayler Shultz, to deliver a comprehensive positive youth development program to 4-H members and youth in our community.

Clinton County 4-H 2023

Clinton County 4-H served

- √ 150 youths through four chartered community clubs
- √ 43 youths in school enrichment programs
- √ 10 youths in SPIN Club

The 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.
4-H youths learn by doing under the guidance of

- √ 38 screened adult volunteers
- √ 13 youth volunteers

who teach projects ranging from computer science and arts to animal science and healthy living. Clubs also involve youth in community service, camping and educational trips.



Volunteers are the core of the 4-H Program. They help to create, support and deliver educational programs and experiences. Missouri 4-H volunteers report contributing on average 100 hours per year to the program. Valuing their time at \$31.08 per hour (Independent Sector, 2023), the contribution of 2023 Clinton County 4-H volunteers was worth more than \$162,180 in 2023. More importantly, these individuals serve as role models and mentors for youth.

4-H SNAC Clubs



Forty-three Clinton County Youth participated in after school SNAC programs during 2023. 4-H Student Nutrition Advisory Council (SNAC) clubs are offered in a variety of settings including before school, during school, afterschool, and in other community settings helping youth build knowledge about nutrition and fitness. Youth participate in a leadership project where they are encouraged to become an ambassador of Healthy Living in their communities by designing and implementing a leadership project that will improve nutrition education and the fitness of others.

Survey Results

- ✓ 30% of the youth reported eating more vegetables at lunch after completing the SNAC program.
- ✓ 61% of the youth improve their physical activity practices or gain knowledge.



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In 2023, Clinton County 4-H members participated in

- ✓ Club and Community Service Projects
- ✓ Clinton County Contest & Exhibit Days
- ✓ Clinton County Livestock Shows
- ✓ Clinton County Shooting Sports Contests
- ✓ Clinton/Caldwell County Clover Kid Camp
- ✓ Clinton County Livestock Judging Team
- ✓ Clinton County 4-H Scholarship Fund Raiser Dinner
- ✓ Clinton County Recognition Event
- ✓ Multiple county Energizer & Discovery Day
- ✓ Clinton/Buchanan County 4-H Youth Market
- ✓ NW MO 4-H Camp Crowder
- ✓ NW MO Regional Teen Council, two members
- ✓ MO 4-H Regional/State Livestock Judging Contests
- ✓ Missouri State Fair Project Exhibits, Demonstrations, Show-Me-4-H Wares, Livestock and Horse Shows
- ✓ State 4-H Public Speaking and State Fashion Revue
- ✓ State 4-H Congress, one member
- √ 4-H Regional and State Shooting Events
- ✓ Western Heritage Contests State and National
- ✓ North American International Livestock Exposition
- Regional, State, and National Youth Livestock Shows, activities and contests related to 4-H









What participants are saying...

"In 4-H we learn how to be a leader, how to communicate properly, and how to impact our lives as well as others around us. Growing old in 4-H, I've started to realize that all the fun activities I did were not just for fun, but they had valuable lessons that were being shown and I just hadn't realized it." Grace Gilmer, 16



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What participants are saying...

"Being a high school student having Down Syndrome is hard. Activities in 4-H gave me a chance to spend time with other people and learn new skills." Mallory Bray, age 18

4-H and Positive Youth Development

As Clinton County 4-H Youth Development Specialist, Debbie Davis and Laura Evans facilitates the 4-H and youth program in the county working directly with Tayler Shultz, Youth Program Associate (YPA), to deliver a comprehensive positive youth development program to 4-H members and youth in our community.





Sullivan H. placed 3rd in JR Division at State Public Speaking







Twenty-three Clinton County Youth participated in 4-H Camp at Crowder State Park







What participants are saying...

"Teen Conference is the best way to learn leadership skills from all the activities you do." Jacob Gilmer, age 11





As Clinton County 4-H Youth Development Specialist, Debbie Davis and Laura Evans facilitates the 4-H and youth program in the county working directly with Tayler Shultz, Youth Program Associate (YPA), to deliver a comprehensive positive youth development program to 4-H members and youth in our community.

Clinton County Friends of 4-H Recipients



Congratulations to Dan and Sandra Bryson, 2023 Friend of 4-H Award recipients! Your loyalty to the Clinton County 4-H program and mission is greatly appreciated.









Autumn A. assisting during Peewee show at the Clinton County Fair



What participants are saying...

"I made a lot of new friends this year and met a lot of very nice people at camp. I was even able to stay in contact with a friend I made who lives in a different town" Charlee Angle, age 9

County Highlights





Farm Family Day is a partnership with Missouri Farm Bureau, MU Extension, the Missouri State Fair and other key industries. For 63 years Farm Family Day at the Missouri State Fair has been recognizing Missouri's Farm Families, and the role they play in our state's economy and vitality! Nominated families rom each county are selected to represent their county for this honor, based on their farming operation, their activity in their community, their participation in or with MU Extension and 4-H, and on upholding the qualities that honor farming's roots. Members of MU Extension County Councils from all 114 counties, along with their counterparts in all the Farm Bureau Offices in each county, nominate and vote on that year's honor family.

Congratulations to the Jon Clark Clinton County 2023 Farm Family honored at the Missouri State Fair. Their farming operation with multi-generational roots is near the town of Turney with diversified row crop agriculture and strong livestock production. The Clark's are active members of the Clinton County Extension Council.



The Clinton County Initiative in 2023 received a USDA feasibility grant to study CCl's economic and community development concepts. The \$50,000 matching grant will fund research on CCl's priorities including a countywide library system, business incubators, co-working spaces and commercial kitchens.

Initial research revolved around existing facilities in rural counties. For instance, CCI contacted the Caldwell County Library and the Daviess County Library to learn how their systems are funded, what services they offer and how they benefit the county. In the area of economic development, CCI contacted several business incubators in rural Missouri and northeast Kansas.

CCI has learned that regional library systems such as Mid-Continent and Rolling Hills are interested in working with rural Clinton County to establish relationships. The state librarian suggested that melding libraries with economic development activities is a wave of the future.

With its findings in mind, CCI in 2024 will hold more community forums to share its findings with Clinton County citizens and to learn what kind of activities they would support, possibly with a tax levy. It is possible Extension could play a role in CCI's plans.

County Highlights

MU Extension Council of the Year Finalists – Clinton County Extension Council



The Clinton County Extension Council was a finalist representing the Northwest Region for the inaugural MU Extension County Council of the Year award. Clinton County excelled in their ability to:

- identify local opportunities and challenges around agriculture, economic opportunity, education and health
- engage local communities and representative voices
- connect MU Extension with local partners
- support initiatives that create measurable, lasting impact

The County Council of the Year Award is another way to elevate council members' voices as powerful advocates for MU Extension as we serve Missouri and deliver Mizzou.

AED Donation



Two local organizations are partnered to make an impact on Clinton County to lessen cardiac deaths. The Clinton County University of Missouri Extension Council donated an AED to The Community Courtyard in Plattsburg. AED stands for automated external defibrillator, which is a device that can save the life of someone experiencing sudden cardiac arrest. A total of three were placed in Clinton County in 2023, with more partnerships identified to place more in the community in 2024.

Artwork Donation



Debbie Davis, recently retired 4-H Specialist, presented a Norman Rockwell print of "County Agricultural Agent" to the Clinton County Extension Council. The print will proudly be displayed at the Clinton County Extension office.