2012 PROGRAMS OF DISTINCTION

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December 2012

Dear County Commissioners and Associated Friends of MU Extension:

At MU Extension, we know that citizens want their taxpayer-supported institutions to be responsive to their needs. Our distinct land-grant mission is to provide relevant, reliable and responsive education that improves Missourians’ lives, communities and the economy. We fulfill that mission by providing access to many research-based resources of the University of Missouri, in partnership with local and statewide organizations and groups.

Funded through the support of federal, state and county government; grants and contracts; fees for services; and private gifts, MU Extension leverages every dollar received to create expanded educational opportunities. Every dollar appropriated from county government is leveraged with $6 to create a significant return on investment.

MU Extension creates value for citizens – including those who do not participate directly in its programs. For example:

- The MU Extension Fire and Rescue Training Institute teaches volunteer and career firefighters how to handle or mitigate fires and disasters, resulting in safer firefighters, citizens and communities. In FY2012, MU FRTI trained 17,096 fire and emergency service personnel through 217,000 instructional hours of training. Enrollees were from all of Missouri’s 114 counties.

- This summer’s severe drought put MU Extension faculty in an active leadership role in helping Missourians deal with the crisis. MU Extension developed educational materials and programs and provided technical assistance for homeowners, businesses and the agricultural community. Social media, including Facebook, YouTube and websites, were used to inform citizens on such topics as animal nutrition, including nitrate poisoning; heat-related disabilities; government programs; wildfires; and more. Extension faculty also worked with Soil and Water Conservation Districts to implement drought cost-share practices, which allowed more than 11,000 landowners to apply for state assistance to access adequate water supplies for livestock and crop production.

These are just two examples of MU Extension’s public value impact. I’m sure you will find many other examples in your local community.

I want to thank you for your support of MU Extension as a critical team player in your locale. Your ideas for improving our partnership are always welcome.

Sincerely,

Michael D. Ouart
Vice Provost and Director
January 2012

Randolph County Commission
Randolph County Courthouse
110 South Main
Huntsville, MO 65259

Dear Commissioners:

First of all, thank you for all you do for the people of Randolph County and for Randolph County Extension. It is impossible to overstate the importance of your support since the Randolph County Extension Center was re-opened in May of 2002. For this the Extension Council of Randolph County is extremely grateful. Your support reflects an understanding that when you support University of Missouri Extension, Randolph County benefits! We invite you to review this annual report showcasing our 2012 accomplishments!

• Children raised by caring, understanding parents in stable environments are better citizens of Missouri. Focus on Kids, a program for divorcing parents, makes Randolph County better.

• Youth who recognize and develop family strengths and life skills that lead to stronger families benefit the county. Productive, functioning families are at the heart of a vibrant economy.

• Research indicates thriving communities and counties have evidence of pride, a cooperative spirit, knowledge of the physical environment and multi-generational family orientations. The Randolph County Century Farms Program recognizes these strengths in Randolph County.

• Students who participate in 4-H are more likely to go to college and enjoy increased financial success. 4-H is investing in a stronger tax base for Randolph County’s future.

• Family Nutrition Education Programs teach kids about nutrition, food safety and physical activity for lifelong health and fitness. Changing lifestyle choices to be healthier can make a huge, positive difference in Missouri’s costs for Medicaid.

• Randolph County Family Financial Education efforts reach out to probation and parole clients. Our workshops help offenders replace illegal, ill-informed financial decisions with the confidence to take control of their financial futures and to establish financial stability. This helps reduce the demands on Missouri’s overburdened prison system and probation and parole system.

Kristee Ornburn
County Council Chair

Tom Fuhrman
County Program Director

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

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**FAMILY NUTRITION EDUCATION PROGRAMS (FNEP)**
**NUTRITION AND LIFE SKILLS FOR MISSOURI FAMILIES**
**KIMBERLY PENTON, NUTRITION PROGRAM ASSISTANT**

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<td>1,383 Randolph County participants were directly reached and another 455 non-direct participants were impacted; low-income individuals elementary and middle school students school teachers and aides</td>
<td>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. State-wide evaluation of the programs reveals that 44% of teachers have participated in the program for more than three years. 99% of the teachers reported one or more changes in students after the programs.</td>
<td>Increased Awareness of Nutrition Strategies for making healthier meal and/or snack choices Importance of eating breakfast Taste-testing of healthier food choices leading to an increase in willingness to try new foods. Importance of hand washing skills Strategies to improve food safety Strategies and fun ways to increase physical activity</td>
<td>Evaluation via teacher report: 85% of teachers observed students talking about an increased awareness of nutrition. 77% of teachers witnessed students talking about making healthier meal and snack choices. 53% of teachers indicated their students were talking about eating breakfast more often. 69% of teachers heard their students talking about being more willing to try new foods. 81% of teachers observed their students discussing hand washing skills 38% of teachers reported their students were talking about improved food safety 67% of teachers indicated their students were talking more about increasing physical activity.</td>
<td>Over time, students will develop improved health as a result of nutrition education and the subsequent changes in behaviors. No doubt there will be long-term medical cost savings as a result of these changed attitudes and behaviors. With increased knowledge of nutrition, physical activity, the incidence of childhood obesity should be mitigated. Less childhood obesity leads to less adult obesity which in turn means fewer chronic illnesses such as hypertension, Type II diabetes, heart disease etc.</td>
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**HUMAN DEVELOPMENT EDUCATION**  
**TOM FUHRMAN, PH.D., HUMAN DEVELOPMENT SPECIALIST**

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| Randolph County Citizens, inmates at the Randolph County Justice Center | **Part I**  
“Stress Management”  
One, two-hour session on identifying events provoking stress/anger and physical symptoms of stress. | **Part I**  
“Stress Management”  
Participants learned about the fight or flight response, then identified their personal stress stimuli / stress hot buttons and the resulting physical signs and symptoms. | Several inmates indicated that they had practiced the guided imagery and deep breathing exercises when in the confines of their cell.  
Others voiced the opinion that the stress management exercises could be a useful tool in self-calming to prevent spontaneously erupting in anger and getting into further legal trouble. | Not only are the inmates, as Randolph County citizens, better to withstand in a positive way, the daily rigors of life, there is also a financial benefit.  
Corrections require an increasingly large chunk of county and state budgets. By equipping those men and women in the correctional system with positive life skills it is hoped that these individuals will be more successful outside, and less prone to returning to jail. |
| Randolph County Citizens, inmates at the Randolph County Justice Center | **Part II**  
“Stress Management”  
Three, two-hour sessions focus on the fundamentals of using one’s biological feedback to control one’s stress. | **Part II**  
“Stress Management”  
Deep breathing, progressive relaxation, guided imagery |  | |
| Focus on Kids  
90 divorcing parents with children under the age of 18 | **Focus on Kids**  
A 2.5 hour court ordered class for all divorcing parents with kids still at home. The program reviews the five predictors of positive outcomes for children when their parents’ divorce. Through class discussion and viewing video vignettes, parents are reminded of the importance of keeping their children out of the conflict. | **Focus on Kids**  
Avoiding conflict in front of the child improves the child’s outcomes.  
Open & frequent communication between parents must be maintained.  
Children need to know: both parents love them & will remain in their lives and that the divorce isn’t the child’s fault.  
Importance of listening to their children. | **Focus on Kids**  
Parents will listen to what their children have to say more effectively.  
Participants will communicate directly with one another rather than sending messages to the other parent via the children.  
Parents will be more mindful of reassuring their children of their love and continued presence.  
Parents will exercise caution when introducing new love interests to their children.  
Participants will develop an effective parenting plan. | **Focus on Kids**  
Divorce may be the first experience with grief and loss. Parents who listen frequently and effectively will be able to assist their children through the grief process with greater confidence.  
When parents “do” divorce most effectively, their children experience fewer disruptions socially, educationally and physically.  
Parents who continue to co-parent after the divorce with frequent honest and open communication will produce kids in a more balanced and effective fashion. |
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<td>23 Randolph County law enforcement students and/or employees completed the 12-hour program &quot;Mental Health First Aid&quot;.</td>
<td>“Mental Health First Aid” is an internationally recognized best practice model for teaching ordinary citizens and allied health professionals and volunteers to recognize the signs and symptoms of four basic mental health areas of concern including: Affective Disorders, Thought Disorders, Substance Abuse, Eating Disorders. The goal is not to train people to become mental health clinicians. Rather “Mental Health First Aid” courses are best conceptualized as the mental health version of physical first aid classes. Recognize and refer to qualified professionals.</td>
<td>Participants learned: How to assess for self-harm potential, How to listen attentively, How to give appropriate information, Encourage self-help and other support groups, Encourage seeking professional help. How to communicate more effectively with those experiencing mental health symptoms, using skills practiced in class. How to distinguish between Major Depression vs. Bipolar Disorder; Bulimia vs. Anorexia; Anxiety disorders vs. panic attacks etc. Participants learned the warning signs of someone who is contemplating committing suicide. Where to refer for professional help. How to identify possible substance misuse and/or abuse</td>
<td>Participants: Increased mindfulness regarding mental health issues when working with clients as well as during their day to day activity within the community. Communicated more effectively with those experiencing mental health concerns.</td>
<td>When citizens increase their awareness of mental health issues, signs and symptoms, not only is suffering reduced among those living with mental illness, but those individuals are assisted in being referred for the most effective care available. When a community increases their awareness of mental health issues and advocates for increased mental health treatment resources, there is a reduced incidence of those living with mental illness utilizing limited justice and social service resources.</td>
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# 4-H Youth Development

**Tracie Moore, Regional 4-H Youth Development Specialist**  
**Vickie Troyer, Randolph County 4-H Youth Program Assistant**

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<td>159 4-H club members ages 8 to 18</td>
<td>Six 4-H clubs offer participants long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others.</td>
<td>Learning by doing is a hallmark of the 4-H model. Under the supervision of adult volunteers, their learning projects can range from aerospace and arts to veterinary science and sport fishing. Youth learn the value of community service and the organizational skills it takes to successfully host a fund raising event. The Randolph County 4-H fair provides members a taste of entrepreneurship through projects such as electricity, cake decorating, beef, computers, home environment and welding. Projects in certain categories such as livestock, curing hams etc are sold at an auction the last night of the County Fair.</td>
<td>The 4-H participants produced sufficiently successful projects that 82% received blue ribbons. Many dedicated 4-H members attended state and national events, for example: Five attended the Missouri Teen Conference Three attended the State 4-H Congress Eight attended the State Public Speaking Contest 27 members attended the State Shooting Sports Contest. One attended the Kansas City Global Conference. Sixty attended the Missouri State Fair</td>
<td>When youth are exposed to positive youth development programs such as 4-H, they are more likely to graduate high school and go on to college. The public’s investment in 4-H and MU Extension produces young people with excellent community values and skills, thus reducing juvenile crime and associated expenses. Many 4-H alumni return to their home communities following college lending their skills, abilities and energies to give back to the area that supported them through 4-H. A better qualified work force is attractive to more businesses and industrial plants.</td>
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There are an additional 18 other youth in **Clover Kids**, ages 5 to 8.

4-H Clover Kids are involved in activities that help them learn how to get along and share with other, explore many different interests, learn how to be part of a group and much more.
**AGRICULTURE:**  
**JENNIFER SCHUTTER, HORTICULTURE SPECIALIST**

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<td><strong>Master Gardener Program</strong></td>
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<td>Dissemination of high quality, unbiased, research-based horticulture information to a broad spectrum of Missourians allows hundreds more of the county’s citizens reap the benefits of improved gardening success. This effort significantly reduces the risk of environmental degradation due to improper use of pesticides by homeowners. Beautification projects enhance the quality of life for citizens as well as present a positive image to potential businesses and families interested in becoming part of the Randolph County Community.</td>
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<td>12 members of the Magic City Master Gardeners Club reported a total of 768.05 volunteer hours in 2011</td>
<td>594.5 community service hours and 74.55 continuing education hours</td>
<td>Master Garden volunteers, while providing outreach to fellow Missourians, increase their horticultural knowledge through additional education and research to address issues brought to them by Randolph County Residents. The Master Gardeners are trained to disseminate research based, unbiased information to the clientele throughout Missouri. Through education of local gardeners and would-be gardeners, the Magic City Master Gardener volunteers honed their presentation skills and maintained an awareness of the current issues in local gardening.</td>
<td>In 2011, Magic City Master Gardeners performed the following tasks: Beautification in Rothwell Park Developed and maintained a beautiful garden at the Rothwell Park mini-train grounds. A Master Gardener representative serves on the City of Moberly storm water advisory committee. The Master Gardeners have been instrumental in implementing more rain gardens in the community. Provided community garden information via “The Greenhouse Show” on KWIX radio and the writing of news articles for the Moberly Monitor Index. Consulted with the gardening public, providing horticulture advice and information to the gardening public.</td>
<td>While the projects referred to above exist largely in view at public venues, a second important benefit is sprinkled out across gardens throughout the county. This occurs as a result of the education and consultation with local gardeners. Private gardens offer enjoyment for families and neighborhoods. They also promote physical activity and are a great source of stress management!</td>
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Agriculture: Jennifer Schutter, Horticulture Specialist

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<td>“Randolph County Home Horticulture Program”</td>
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<td>50 plus requests for soil tests and analysis, workshop attendees, and those seeking diagnostic assistance and information.</td>
<td>There were 100 plus educational hours provided for soil testing and diagnostic assistance, information sought, and workshop attendance.</td>
<td>Positive identification of harmful insects and garden pests. Plant disease identification. Control methods for these insects and diseases. Appropriate pruning methods. Appropriate plant variety selection. Proper fertilization methods. Information about lawn Maintenance.</td>
<td>Providing diagnostic assistance is a wonderful learning opportunity and MU publications are consulted and provided in this process. This effort also significantly reduces the risk of environmental degradation due to improper use of pesticides by homeowners. Individuals more effectively fertilized and cared for their lawns, gardens, flowers and trees.</td>
<td>Homeowners and gardeners are more effective in their gardening efforts. Most citizens do not have unlimited resources with which to purchase insecticide and pesticides. This information will allow them in going directly to the problem and using the control methods recommended. With knowledge of appropriate treatment and control, citizens of Randolph County will minimize the negative impacts of unnecessary chemicals on the broader ecological environment of the county.</td>
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<td>“Garden Talk” newsletter</td>
<td>41 people in the county receive this monthly</td>
<td>Timely gardening tips Upcoming horticulture events</td>
<td>Improved home gardening practices.</td>
<td>Improved gardening success and reduces pesticide runoff into the water supply.</td>
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<td>“Environmentally Friendly Gardening Workshop”: Three Randolph County residents attended this workshop on March 18, 2011.</td>
<td>Provided home gardeners with information on making and using rain barrels and raised beds, companion planting, chemical-free pest control and making and using compost.</td>
<td>Implemented home gardening practices to reduce the degree of environmental degradation.</td>
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### AGRICULTURE:

**JOE KOENEN, AGRI-BUSINESS SPECIALIST**  
**DARLA CAMPBELL, AGRI-BUSINESS SPECIALIST**  
**KARISHA DEVLIN, AGRI-BUSINESS SPECIALIST**

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<td><strong>Agribusiness:</strong></td>
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<td>“Annie’s Project”, an eighteen hour, six-week seminar that primarily targets women farmers, wanting to know more about the family business was offered for the first time in Randolph County in November and December. Eleven Randolph County farmers completed the course.</td>
<td>198 total learning hours were experienced by Randolph County citizens.</td>
<td>Farmers have a unique business and as a result, complicated cash flow, marketing, fencing law, estate planning, income tax and other related issues. Historically, men have taken the lead in a family’s farming operation. While aware of many general issues, many women connected to the farm often lacked the “nuts and bolts” basic knowledge of the day to day operation of the farm. As 88% of women outlive their husbands, lack of basic knowledge could lead to major transition problems for women un-acquainted to the farm operation. Women in the Annie's Projects classes learned: Farm estate Planning and succession. Missouri Fencing Law. Grain marketing including futures and working with local and regional grain markets to maximize profits.</td>
<td>Several participants indicated they were going to take a more active role in the business operations of the family farm including the marketing of their grain and livestock products. At least one participant indicated that their family did not currently have a farm estate plan and that they intended to work with an attorney and financial planner to develop a plan that best meets the needs of their family.</td>
<td>This sort of increased knowledge makes for more effective producers. The resulting increase in income not only better supports the individual families but also the greater Randolph County economic community due to increased spending by the producers. The family farm has long been a key component of the Randolph County economy. Recent decades have revealed a pattern of family farms being sub-divided by heirs into hobby farms or for small parcel building lots. Equipped with the knowledge from programs such as “Annie’s Project”, farm women have the knowledge and tools which equip them to maintain the family farm operation for the next generation of farmers. While corporate farms are often a cost effective means of farm production, profits are often sent to a remote corporate office rather than staying within the local economy. Maintaining the family farm supports the local economy. Through programs such as Annie's Project®, Randolph County farm women are equipped with the knowledge and confidence to maintain the successful operation of their farming business operation.</td>
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<td>36 Randolph County citizens benefitted from MU Extension’s business development program specialists and business counselors with the MU Extension’s Missouri Small Business and Technology Development Centers, Missouri Procurement Technical Assistance Centers, Missouri Environmental Program, Missouri Career Options Project and the Missouri Market Development Program.</td>
<td></td>
<td>Counseling regarding business start-up and management. Topic specific training. Technical Assistance. The nuts and bolts of Business Plan writing.</td>
<td>Eighteen new Randolph County jobs were created County sales increase of $182,108. Four new businesses were established. Loans and investments in Randolph County businesses of $498,150. Eleven Randolph County citizens attended training and/or conferences sponsored by MU Extension’s Business Development organization.</td>
<td>By utilizing the most current research-based knowledge and technical assistance in the area of business development provided by University of Missouri Extension, Randolph County and Missouri citizens have relatively low-cost access to the best possible business knowledge and technical assistance. In doing so, 18 new jobs were created and an increase of $182,108 in county sales occurred in 2011</td>
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**COMMUNITY DEVELOPMENT:**
**DAVID HILL, REGIONAL COMMUNITY DEVELOPMENT SPECIALIST**

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<td>“Grant Funding Source Awareness”</td>
<td>Randolph County Organizations receiving these bi-weekly updates include: Moberly Chamber of Commerce Moberly City Hall, City of Higbee Higbee Community Betterment Committee Randolph Area YMCA Caring Communities Partnership Huntsville City Hall Moberly Area Community College 4th Street Theater Renovation Project Rollins Street Improvement Association Moberly Main Street Mark Twain Regional Council of Governments</td>
<td>Through the spread of this grant source newsletter, more than $980,000 was granted for projects in the 16 Northeast Region Counties in 2011.</td>
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<td>Twelve Randolph County business and other professionals participated in EXCEL (Excellence in Community Enterprise and leadership Development) course.</td>
<td>More than 792 collective workshop hours of participation were garnered in this eleven week, time intensive series.</td>
<td>Details of the operation of city, county and state government. Tours of local industry allowed insight into the nature of what the citizens of Randolph County do on a regular basis. Personality styles and working together as a team. Building trust, team communication and calculated risk taking as a group. A “sister city” tour to Ft. Madison, IA allowed the group to see a similar size community (to which the Moberly DuPont plant moved) were able to attract industry and jobs and the positive effects of downtown revitalization. Randolph County History Randolph County medical services Randolph County demographics including poverty, access to medical care etc.</td>
<td>The sense of team created by the experience has led the 2011 EXCEL class to organize a “Trivia Night” fundraiser in April 2012. The proceeds will be donated to the Safe Passage women’s shelter. It is difficult to “Monday morning quarterback” the actions that have proceeded from this lengthy experience but previous class members have utilized their EXCEL classmates as well as EXCEL alumni in their work on various public and private boards, fund raising efforts, school bond issues etc.</td>
<td>Randolph County benefits from this program due to the Improved public networking of EXCEL graduates. A sort of fraternity or sorority develops among EXCEL alumni bringing a genuine esprit de corps to many local issues and projects. These connections build synergy for getting various initiatives and needs met.</td>
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