December 1, 2021

Dear county commissioners and friends of MU Extension and Engagement,

As we look forward to 2022, I want to take a moment to celebrate all that we have accomplished together this year. You, our closest partners, are key to improving Missourians’ lives and opportunities.

You have been vital to the work that has already extended broadband access and workforce development strategies statewide. You have helped us connect with the right partners, working together toward meaningful outcomes that will help our communities thrive in our areas of greatest need around the economy, education and health.

During MU Extension and Engagement Week in October, we learned about some of the ways that MU’s NextGen Precision Health Initiative will help Missouri improve statewide health care indictors from our current ranking of 38th in the nation to 25th.

COVID-19 has shown us that we must expand investment in our health care resources, knowledge and infrastructure. It has exposed the urgent need to make research and expertise available in communities and to empower individuals and providers to address every aspect of individuals’ and communities’ health needs — including the inequities of social determinants and their effects on people’s health.

Our extension faculty is poised to help identify those needs and be the bridge to the health care providers and caregivers, the clinical trials and public health initiatives that can deliver improved healthcare access and outcomes in every county across our state.

I hope you see the impact of your hard work this past year throughout this county annual report. I thank you for your continuing support as we recommit ourselves to do what we do best: help communities thrive through civic engagement, community building and neighborliness. We look forward to continuing the programs, partnerships, and sharing of knowledge that foster kindness, caring, respect and deep connections in the year and decade to come.

Sincerely,

[Signature]

Marshall Stewart, EdD
Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System
Who we are

Faculty and staff
Gina Lucas
County Engagement Specialist Nutrition & Health
Heather Johnson
4-H Youth Program Associate

Council members
Council Officers
Bertha Caldwell............ Council Chair
Ernie Nold.................... Vice-Chair
Francine Hegeman........... Secretary
Gary Baumann.............. Treasurer
Stancy Bond.............. Regional Council Representative

Appointed Members
Jerry Baker
City of Savannah
Jon Pray
Farm Bureau

Elected Members
Joyce Benight
Ruth Dunn
Dee Pennington
Greg Petruczenko
Cheryl Wyckoff

Also Serving Andrew County
Cindy Wells
Field Specialist 4-H Youth Development
Denice Ferguson
Field Specialist in Agricultural Business
Jim Crawford
Field Specialist Agricultural Engineering
Katie Buchs Pemberton
Field Specialist Human Development
Tom Fowler
Field Specialist Horticulture
Wayne Flanary
Field Specialist Agronomy
Joe Lear
Northwest Region Director

Gina Ripley
Nutrition Program Associate
Jim Humphrey
Field Specialist Livestock
Kathy Hoffman
Office Manager

Swearing in of 2021 Council Members

County commissioners
Bob Caldwell
Presiding Commissioner
Fritz Hegeman
East District Commissioner
Gary Baumann
West District Commissioner
Appointed Council Member
MU Extension is a unique funding partnership.

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.

The Andrew County Extension Council, faculty and staff would like to express our appreciation to the Andrew County Commissioners for their continued support of extension programs.

### Appropriations budget

<table>
<thead>
<tr>
<th>Income</th>
<th>49,848</th>
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<tbody>
<tr>
<td>County Appropriations</td>
<td>49,848</td>
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<tr>
<td><strong>Total Income</strong></td>
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<table>
<thead>
<tr>
<th>Expenses</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Personnel Serv – Salaries &amp; Wages</td>
<td>25,941</td>
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<td>Payroll Expenses</td>
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<td>Travel</td>
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<td>Other Contract Services</td>
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<td>Insurance</td>
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<td>Extension Council Election Exp.</td>
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<td>Repairs /Maintenance</td>
<td>1,505</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td>48,386</td>
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</tbody>
</table>

**1,303 Total educational contacts from MU Extension to residents of the Andrew County**

### Key outcomes and numbers

- **73** Andrew County contacts related to productive farming, better gardening, and managing natural resources
- **1,133** Andrew County contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- **97** Andrew County contacts related to starting businesses, developing community leaders, or renewing the local economy
- Agriculture and natural resource programs served **147,623** farmers and related businesses
- **50,604** police, fire fighters, and medical professionals attending continuing education
- For every dollar invested from 2015 to 2017, the MU Extension Business Development Program has returned **$120** in economic impact for its clients by increasing sales more than **$1.19** billion. For a total impact of **$2.7** billion, the program has generated more than **29,000** jobs and attracted nearly **$347** million in capital investments and **$1.17** billion in government contracts.

**Local Support**

Did you know you can donate directly to Andrew County Extension with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a specific program such as 4-H or Master Gardeners.
Economic Opportunity

Jim Humphrey
Field Specialist in Livestock
Phone: 816-324-3147
Email: humphreyjr@missouri.edu

Forage-Livestock Town Halls
A Beef Scale, Cow Size and Cow/Calf Record Research Project started in Northwest Missouri in Spring 2020. This research project is currently working with four beef producers comparing individual and whole-herd production data. Field Specialists in Livestock from Albany and Savannah have been collecting individual weights, body condition scores, disposition scores, days pregnant, age, and breed on over 500 cows in eleven different herds and birthdates, sex, dam, sire, and weights on their respective calves. The project is designed to support producers in determining the optimum cow size for their respective operations. One of the performance records we are trying to develop for producers is the pounds of calf weaned, per breeding-age female exposed (lbs. calf weaned/breeding age female exposed) at breeding time. This gives a very good indication of breeding performance, fertility, and nutrition on their respective operations.

Sheep and Goat Production Workshops
Through a partnership between MU Extension and Lincoln Extension, spring and fall sheep and goat production courses were held online in 2021 with 489 attendees from 60 counties including Andrew County. Attendees learned about a wide selection of topics that include: animal selection, financial implications of multiple births, nutrition and reproductive management, pasture management, record keeping and use during culling, and winter nutrition.
Economic Opportunity

Surveys of past participants indicate that implementing MiG increased beef cattle production by 22 percent on the same acres which had been continuously grazed. They reported benefits of increased carrying capacity, more grazing days, less feed and hay used, improved forage quality, less time and labor, increased soil fertility, improved health and conception rates of cattle and ease of handling cattle. All of this translates into a $125 million annual impact on Missouri’s economy.

Wayne Flanary
Field Specialist in Agronomy
Phone: 816-279-1691
Email: flanaryw@missouri.edu

2021 NWMO CCA Virtual Conference
The Certified Crop Advisors Workshop offered 16 hours of continuing education on topics including Nutrient Management, Soil and Water, Crop Management, Pest Management. Instructors for the workshop discussed research and applications of that research to real world situations.

2021 MU Crop Management Conference
MU Extension specialists in weeds, pests, and plant diseases, nutrient management, economics, cover crops, drainage, and wildlife management spoke at the University of Missouri Crop Management Conference. Other presenters included a climatologist from Purdue University and an industry representative who discussed drones in agriculture.

Attendees received practical tips on managing nutrients when prices are rising, learned about emerging pests and diseases such as tar spot and what researchers and farmers learned from MU Strip Trials. The shared what corn and soybean producers can expect in the 2023 farm bill and how sprayer drones could be used on farms. Presenters also offered information on new climate and weather tools, ways to improve soil health, and a variety of other important crop production topics.

2021 Northwest Missouri Grazing School
Since 1990, Missouri has been educating farmers about the principles and practices of Management Intensive Grazing (MiG) through grazing schools. The first schools were held at the University of Missouri (MU) Forage Systems Research Center in north Missouri. In an effort to make the schools more accessible to Missouri grazers, regional grazing schools taught by MU Extension Field Specialists and Missouri’s Natural Resources Conservation Service personnel began in 1993. Over 650 regional schools have been held in all parts of the state and nearly 19,000 people have been educated through this long running program. The Northwest Missouri school is three days long and includes classroom sessions, field exercises and visiting two farms using MiG. These systems can include water development, installation of interior fences to divide large pastures, inter-seeding legumes and applying limestone to raise the soil pH to an optimum level. Attending a MiG School is required for participation in state cost share grazing programs. Since the inception of the program in 1990, over 11,000 practices have been implemented with more than $40 million of financial assistance from the Missouri DNR program.

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2021 NW Missouri Grazing School attendees, conducting a pasture evaluation, on a management intensive grazing system in Andrew County, Missouri.

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Agricultural Business Program Mission
The Division of Applied Social Sciences and Agricultural Business and Policy Extension is committed to supporting high quality education for professionals and citizens through our extension programs. We anticipate that demand for agribusiness education will continue to grow. The Division aims to remain at the forefront for agribusiness education within the state of Missouri. Agriculture is prominent in the Missouri economy. Row crops like corn, soybeans, wheat, cotton, and rice paint the countryside in coordination with Missouri’s vibrant livestock industry of cattle, pigs, poultry, and small ruminants. Specialty crops, agrotourism, forestry, and viticulture among others all contribute to give Missouri a truly diverse combination of agricultural operations. The College of Agriculture, Food, and Natural Resources recognizes these strengths of our state and in partnership with the University of Missouri Extension have launched the goal to double the value of Missouri Agriculture by 2030.

2021 Agriculture, Food & Forestry SBDC Center
In the summer of 2020, a joint partnership between MU Extension and the Small Business Development Centers (SBDC) created the Missouri SBDC for Agriculture, Food and Forestry. This partnership offers no-cost, one-on-one personalized assistance for business owners, entrepreneurs and farmers in Missouri. The center has a range of skills and specialties and serves all agricultural businesses with a particular focus on commercial horticulture, food and forestry, livestock and value-added meats.

Extension faculty who provide business counseling are located across the state to best serve the clients. They can assist with technical advice, financial management, business planning, business model pivots, value added propositions and many other services.

Northwest Regional Ag Lenders Seminar
The 41st Missouri Ag Lender Seminar series was hosted by the Agricultural Business & Policy Extension Program, the Food & Agricultural Policy Research Institute and Agricultural and Applied Economics program in the Division of Applied Social Sciences at the University of Missouri.

Financing agriculture is a constant challenge, especially in times of uncertain economic and political times. Although many agricultural and financial principles do not change, food and agricultural policy, commodity demand, health and nutrition trends, environmental concerns, and general macroeconomic factors are constantly in flux. For this reason, it is important to know what is happening in the financial and agricultural sectors, both here in Missouri and across the nation. This benefits lenders by increasing knowledge of budgets and cash flow affecting financial health.

This seminar targets lenders supporting Missouri’s farmers and ranchers by bringing timely information on topics such as tax changes, bio fuels and current legislation. The seminar also features outlooks on crops, livestock and macroeconomics. The land value and cash rent survey are two of the traditional takeaways from this seminar and each attendee leaves with a copy of the 2022 Enterprise Budgets for Missouri Crops and Livestock.

In 2021, 830 counseling sessions were held with 198 clients statewide, reaching 86 counties. These current or prospective business owners received one-on-one guidance and support as they pursued COVID-19 business relief or other financial applications, developed or updated their business plans, evaluated their property’s agricultural potential, and made decisions to sustain, grow or transition their business.
**Educational Access & Excellence**

Cindy Wells  
Field Specialist in 4-H Youth Development  
Phone: 816-279-1691  
Email: wellscl@missouri.edu

### 4-H Prepares Youth for the Workplace
Research indicates 4-H’ers 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 & Lerner, 2011).

The top skills identified were:

1. Leadership  
2. Building Relationships/Meeting new people  
3. Project Skills  
4. Willing to try new things  
5. Public Speaking/Presentation Skills  
6. Sportsmanship/ Handle Competition

4-H also prepares youth for the work place. 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 invented to solve problems that have yet to be identified.

### 4-H Survey Shows Impact on Youth
Findings from a 2020-21 evaluation study reveals that Missouri 4-H:

**Missouri 4-H Inspires Kids to Do**
97% said they are willing to work hard on something difficult.  
80% set personal goals.  
97% said they try to learn from their mistakes.  
99% said they treat others the way they want to be treated.

**Missouri 4-H Grows True Leaders**
92% said they like to learn about people who are different from them.  
91% said they think about others feelings before they say something.  
73% reported feeling comfortable being a leader.

### 4-H Builds Leadership & Communication Skills
91% help others reach their goals.  
69% comfortable speaking in a group.  
98% said they show respect for other’s ideas.  
85% Can work with someone who made them upset.  
91% Look for ways to involve all members of a group.

### 4-H Builds Social and Emotional Skills
92% said they keep trying until they reach their goals.  
88% Stop to think about their choices, when making a decision.  
99% reported that they like to learn new things.  
93% of Missouri 4-H’ers surveyed said they are willing to try something they might get wrong.
Community 4-H Clubs
Three Community 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from computers science and arts to animal science and healthy living. Clubs also involve youth in community service, camping and educational trips.

4-H School Programs
Andrew County 4-H school programs are educational experiences that supplement learning in the classroom. Teachers, 4-H volunteers or 4-H staff lead these activities.

Volunteers
- Andrew County 4-H members are supported by over 30 youth and adult volunteers
- 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 $28.54 per hour (Independent Sector, 2021), the contribution of Andrew County 4-H volunteers was worth more than $85,620 in 2021. More importantly, these individuals serve as role models and mentors for youth.

The Arapahoe 4-H club put flags on veterans graves at the Whitesville Cemetery for Memorial Day. They received a grant from FCS Financial to buy flags.

Members of the Andrew County Kodiak Kadettes 4-H Club volunteer by picking up trash for a highway clean-up.
Stay Strong, Stay Healthy

Stay Strong, Stay Healthy is designed to increase aging adults' access to a safe, structured and effective strength-training program. This 8-week strength-training program will focus on strength, flexibility and balance for older adults to help improve health and quality of life.

Matter of Balance

A Matter of Balance is designed to help older adults overcome the fear of falling and increase their activity levels. All too often, a fear of falling prompts older adults to restrict their activities - and may become a self-fulfilling prophecy. A Matter of Balance can empower participants to take steps to reduce their chances of a fall. In this program’s eight classes, older adults:

- Learn about fall prevention strategies
- Develop & follow a personal fall prevention plan
- Learn exercises to improve their balance and increase their activity levels
- Make or support changes in their daily lives that can reduce their fear of falling

Chronic Disease Self-Management

The Chronic Disease Self-Management Program assists participants in maintaining an active and fulfilling life when faced with chronic medical conditions. CDSMP has a beneficial effect on physical & emotional outcomes, and health-related quality of life. The program consistently results in greater energy/reduced fatigue, more exercise, fewer social role limitations, better psychological well-being, enhanced partnerships with physicians, improved health status, and greater self-efficacy.

Showing your Heart Some Love: Heart Health

The Showing your Heart Some Love program was designed as a four part series of videos, radio programs and newspaper articles that highlighted heart health in conjunction with American Heart Month. The four sessions focused on educational content as well as persuasive elements to encourage participants to talk to their healthcare providers about their individual risk factors and screening options. Participants learned about four major threats to our heart health - hyperlipidemia (high blood lipids or cholesterol), hypertension (high blood pressure), heart disease and diabetes. Participants learned risk factors, signs and symptoms, ways to reduce their risks and screenings that can help with early detection of each of these health risks. This program included content from and marketed the MU Extension program Health Information for Men.
**Health & Well-being**

### Chronic Pain Self-Management

The Chronic Pain Self-Management Program assists participants in dealing with ongoing issues associated with chronic pain. Participants learned how to partner with their healthcare providers as co-managers in their chronic pain. Participants discovered they have a toolbox of skills and strategies to address their chronic pain conditions. Participants participated in the moving easy exercise program and now have the confidence that they can safely exercise without triggering additional pain.

### Family Nutrition Program

University of Missouri Extension’s Family Nutrition Program (FNP) reached 175 participants directly and 779 indirectly with nutrition education in Andrew County during 2020. FNP provides information on nutrition, food safety, and physical activity for lifelong health and fitness by working with qualifying schools, community groups and agencies.

Youth from Pre-school to 8th grade learned through kid-friendly, hands-on lessons and activities. Activities include taste-testing healthy foods and practicing skills that lead to good health. Education for adults also includes nutrition, food safety, and physical activity and food resource management.

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.

### Supplemental Nutrition Assistance Program Education (SNAP-ED)

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought $9,646,109 in federal funds to Missouri. The funds support engagement with 485,010 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri. There were 321,372 direct educational contacts and 1,383,799 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

405 direct and indirect contacts were made in Andrew 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. During 2021, 405 youth and adults were served through schools, community groups and agencies.
The Andrew County Extension Council and guests enjoy a delayed Annual Dinner as a picnic at the park.

2021 Andrew County Livestock Show: Cattle Show

Missouri State Representative Dean VanSchoiack, addresses attendees of the Andrew County Extension Council picnic at the park

2021 Andrew County Livestock Show: Sheep Show
County highlights

Andrew County Recognition

2021 Century Farm Recipients:
Kenneth & Ruth Ann Humphrey
Michael & Shawna Sipes

2021 State Fair Farm Family:
Derek & Lindy Holt

2021 Leader’s Honor Roll:
Gary & Pat Baumann
Dee Pennington

Leaders Honor Roll

2020 Leaders Honor Roll recipients
Rodney & Katie Fields

2021 Missouri Century Farm recipients Michael & Shawna Sipes and family

Missouri Century Farm

The Missouri Century Farm Program celebrates the lasting contributions farmers and ranchers have made to our country’s and state’s heritage. In 1976, the Centennial Farm project was initiated in Missouri, awarding certificates to persons owning farms that had been in the same family for 100 years or more. Ten years later, the University of Missouri Extension and the MU College of Agriculture, Food and Natural Resources created the annual Century Farm program and recognition. The Missouri Farm Bureau joined as a co-sponsor in 2008. Since the program began in 1976, more than 8,000 Missouri farms have received the Century Farm designation.