



UNIVERSITY OF MISSOURI EXTENSION

# Atchison County

## 2024 Annual Report

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**SERVE  
MISSOURI.**

**DELIVER  
MIZZOU.**



**Extension**  
*University of Missouri*

an equal opportunity/ADA institution



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and Engagement  
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December 2024

Dear county commissioners, elected leaders and friends of MU Extension and Engagement,

As we reflect on the past year, I want to express my deep gratitude for your support of MU Extension and for your partnership in enhancing the lives of Missourians.

Your support for MU Extension fuels Missouri's agriculture, strengthens families, prepares our youth and promotes the health, well-being and vitality of our communities. Over the past year, our programs have focused on addressing key needs throughout the state:

- **Expanding access to 4-H:** To make 4-H more accessible, we've introduced more in-school and after-school clubs, reducing barriers and creating opportunities for young Missourians to develop essential skills and leadership abilities.
- **Supporting agriculture and land stewardship:** We're addressing critical issues such as succession planning for family farms, rural mental health, agricultural business management and land stewardship. These initiatives are helping Missouri's farmers plan for the future and preserve the health of our land for future generations.
- **Advancing health initiatives:** Our team of community health field specialists, covering every region of the state, works directly with local leaders to assess health needs and bring UM System resources and expertise to these communities, supporting healthier lives and stronger communities.
- **Promoting economic development:** MU Extension is helping to create economic opportunities by working with individuals, supporting businesses in their growth and collaborating with communities to enhance local vibrancy. Through these efforts, we help bring new jobs, skills and possibilities to Missourians across the state.
- **Providing essential training:** Our continuing education programs prepare Missouri's firefighters and health care workers to meet the demands of their roles with the latest skills and knowledge, ensuring they are well-prepared to serve our communities.

As you read through this annual report, I hope you feel as proud as I do of the accomplishments we've achieved together. The dedication and professionalism of MU Extension's faculty and staff are inspiring, and I am grateful to work alongside them—and each of you—as we make Missouri a stronger, healthier and more vibrant place. Thank you for your continued support and partnership. Together, we are serving Missouri by delivering the University *for* Missouri.

Warm regards,

Chad Higgins, PhD  
Vice Chancellor, MU Extension and Engagement  
Chief Engagement Officer, UM System

# Who we are

## Faculty and staff



### **Jim Crawford**

Director of Graves Chapple Extension and Engagement Center

Field Specialist in Agri Systems Technology

### **Gwenlyn Funk**

Field Specialist in Horticulture

### **Annette Deering**

Field Specialist in 4-H Youth Development

### **Denice Ferguson**

Field Specialist in Agricultural Business

### **Wayne Flanary**

Field Specialist in Agronomy

### **Randa Doty**

Extension and Engagement Specialist

### **Amie Schleicher**

Field Specialist in Livestock

### **Katie Pemberton**

Field Specialist in Human Development

### **Pamela Morriss**

Office Manager

### **Regina Ripley**

Nutrition Program Associate

### **Debbie Bennett**

Field Specialist in Nutrition and Health

Not Pictured:

### **Teresa Mertens**

Youth Program Associate

### **Stacey Steffens**

Northwest Regional Director

## Council members

### **District 1- Tarkio School District**

Glenn Scott- Secretary

Kevin Sundermann- Vice Chair

Brian Vette

Jayne Wood

### **District 2- Rock Port School District**

Devon Sons- Chair

Ben Lucas- Treasurer

Karen Miller

Mandy Herron

Curt Graham

### **District 3- Fairfax School District**

Ben Rogers

Ky White

### **Appointed**

James Quimby – County Commission

Matthew Schlueter – Farm Bureau



## County commissioners

**Susette Taylor**, County Clerk

**Richard Burke**, South District Commissioner

**Curt Livengood**, Presiding Commissioner

**Jim Quimby**, North District Commissioner

# Budget and more

## Appropriations Budget

### Income

County Appropriations	50,000.00
<b>2024 Total Income</b>	<b>\$ 50,000.00</b>

### Expenses

Salaries/Benefits	41,291.84
Travel	4,220.31
Office Supplies/Service	3,574.81
Utilities	3,097.16
Insurance	2,141.59
Rent	1,200.00
Advertising/Other	290.37
<b>2024 Total Expenses</b>	<b>\$ 55,816.08</b>

## UM System footprint in Atchison County

- 4,948 total educational contacts from MU Extension residents of the county including,
- 1,682 contacts related to productive farming, better gardening, and managing natural resources.
- 2,688 contacts related to healthy eating and aging, strengthening families personal finance, or youth development.
- 103 contacts related to starting businesses, developing community leaders, or renewing the local economy.
- Atchison County MU Alumni
  - 1 medicine
  - 11 Nursing
  - 8 Health Professionals
  - 1 Dentistry
  - 11 Pharmacy
  - 1 Veterinary Medicine
  - 47 Agriculture
  - 12 Engineering
  - 4 Law
  - 9 Teachers

## UM System footprint in Missouri

### Education and Training Provided



40,542 police, fire fighters, and medical professionals attending continuing education (2023)



Agriculture and natural resource programs served 369,077 farmers and related businesses (2023)



210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

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



## Local Support

Did you know you can donate directly to Atchison 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.



# Missouri 4-H Positive Youth Development

## Atchison County Youth Livestock Show



Atchison County Livestock Shows were held July 17<sup>th</sup> through July 19<sup>th</sup>, 2024.

## Atchison County 4-H Achievement Day



Annette Deering, Field Specialist in 4-H youth Development worked with 4-H volunteers and Fair Board members to offer the Atchison County 4-H Achievement Day on July 15<sup>th</sup>. Seven 4-H'ers showcased a total of 55 project exhibits and one working demonstration. Twenty-five exhibits were selected for the Missouri State Fair.

## Good Neighbor Week 2024



Teresa Mertens, 4-H Youth Program Associate partnered with Atchison County Extension Council during Good Neighbor and 4-H week to collect supplies for Atchison County local schools. Donations were made to all six schools in the county.

## Kids in the Kitchen

Kids in the Kitchen is a fun hands-on program offered by the University of Missouri Extension that teaches kids how to prepare simple recipes and encourages them to be active and to eat healthier meals and snacks. Teresa Mertens taught this course with in the Middle/High School Life Skills Class at Rock Port R-II.



## 4-H Participation Report

October 1, 2023 - September 30, 2024, youth members participating in:

- Organized 4-H community clubs – Atchison 34
- Independent 4-H study/learning programs - Atchison 2
- 4-H special interest clubs –Atchison 3



# Business & Community

## Overview of MU Extension’s Community Development Programming

Under the guidance of the University of Missouri - St. Louis, MU Extension’s Community Development faculty help to build Civic Muscle, which is defined as the collective strength of people in a place (neighborhood, town, region) to respond to challenges and proactively pursue thriving communities. Community Development specialists coach communities to build four key “muscle groups”: **Belonging, Contribution, Leadership, and Vitality** by providing educational programs and technical assistance. Jackie Spainhower, MU Extension Field Specialist in Community Development has offered the following opportunities to Atchison County.

### Belonging

*Place-based communities building social capital and inclusivity through neighboring, civil dialogue, placemaking, etc.*

## Extension Express Newsletter Distributed in 2024



Faculty and staff in the Northwest Region came together in late 2024 to create and distribute the monthly Extension Express newsletter, intended to highlight programming, events, and activities happening in the region’s 20 counties. Knowing about Extension programs and class offerings helps create a stronger sense of belonging and connection between faculty, staff, council



members, elected officials, and program participants within the Region. The Extension Express newsletter is currently distributed to over 350 people each month.

Faculty involved in this program are: Jackie Spainhower, MU Extension Field Specialist in Community Development; Randa Doty, MU Extension Northwest Region Extension Engagement Specialist; Jen Osborn, MU Extension Northwest Region Extension Engagement Specialist; and Chelsea Corkins; MU Extension Northwest Region Extension Engagement Specialist.

### Contribution

*Residents (particularly those at the margins) participating in civic life and engaged in decision making (volunteering, attending public meetings, voting)*

## NOVA Program and Entrepreneurial Mindset Profile Certification

During the summer, Jackie Spainhower, MU Extension Field Specialist in Community Development, assisted with the facilitation of the first statewide NOVA (Nurturing Original Ventures & Ambitions) Program, which was a virtual entrepreneurial mindset summer camp for neurodivergent high school students. In early August, 2024, four students graduated from the course that was designed to help students understand the characteristics of successful entrepreneurs, identify and leverage natural talents, create a strategy to develop entrepreneurial skills, and prepare to lead in environments that value creativity.

Following the course, Spainhower completed the training to become a Certified Practitioner of the Entrepreneurial Mindset Profile (EMP), the program used to develop the NOVA Program. The EMP is a short assessment that measures seven characteristics that distinguish entrepreneurs and seven skills critical to entrepreneurial success. The assessment can be administered to individuals or groups looking to work more cohesively together in creative and innovative settings. As a coach, she can administer the assessment, as well as coach individuals and teams to better individual and group outcomes.

### What participants said about NOVA:

*“This class has really opened my eyes to how much I can contribute, and it’s changed the way I think about my own abilities.”*

*“I feel like I can turn my passions into something real, something I can build a future with.”*



# Business & Community

## Leadership

Diverse community leaders (including those who typically have less power and influence) collaborating for action and bridge-building

### Neighborhood Leadership Academy

Neighborhood Leadership Academy (NLA) is a 10-week community development leadership program that provides participants with the skills, confidence, and strategies to plan and implement projects in their own communities. Participants come from across the entire state and meet virtually using Zoom. The program provides participants with 30 hours of educational instruction, group and individual coaching that will assist them with completing their project. Participants that complete the program are eligible to apply for mini-grants to support their projects. This year, one person in the region participated in NLA.



#### What participants said about NLA:

*"I enjoyed the breakout sessions. Although we are from all different backgrounds, communities, we all want the same things in our communities."*

## Vitality

Residents, organizations, governments, co-creating conditions for equitable, thriving, resourceful places

### Connecting Entrepreneurial Communities – Conference and Webinars

The Connecting Entrepreneurial Communities (CEC) Conference took place in Fulton on September 17-19, and we welcomed 122 people for the event. In 2024, the conference focused on youth entrepreneurship, networking and relationship building, removing barriers, and technology and innovation. Attendees had 30 educational breakout sessions to choose from, along with keynote sessions featuring local and national speakers as well as representatives from the University. Next year's conference will take place a little closer to home in Excelsior Springs. As a supplement to the Conference, this year we created a twice monthly webinar to share information about sessions at the upcoming conference and other relevant information about rural economic development and innovation. These webinars will continue in 2025, and the focus will be on stories of collaboration in rural communities across Missouri.

In 2024, eight people from the Northwest Region attended the CEC Conference in Fulton, and 16 people from the region participated in the monthly CEC webinars.



#### CEC MONTHLY Exchange



#### What attendees said about the 2024 CEC Conference:

*"So empowering to be surrounded by growth minded, problem solving, collaborative individuals for three days. I can't wait to see what we can do with the knowledge we gained over the last three days. Due to the dedication of a few community leaders and advocates our little town was recognized this week in a room of leaders, scholars and advocates from all over Missouri for being an example of positive small town growth and commitment."*

Katie Bowles, Director, Savannah Chamber of Commerce



Top: State CEC Planning Team at the Fulton Conference

Bottom: CEC webinar Jackie Spainhower, MU Extension Field Specialist, hosted with the Plattsburg R-3 administration, teachers, and students that work on the Tigers on Main project, a student owned store in downtown Plattsburg



# Agriculture & Environment

## PRIVATE PESTICIDE APPLICATOR TRAINING

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 with 113 participants. Participants initiated or renewed their license certification. Participants were 19 in Andrew County, 13 in Holt County, 9 in Atchison County, 24 in Buchanan, 6 in Nodaway County, 6 in DeKalb, 6 in Clinton County, 14 in Caldwell County, 7 in Daviess County, 7 in Platte and Clay Counties,

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 72 producers.



## GRAVES-CHAPPLE EXTENSION & EDUCATION CENTER YOUTH AG DAY

- Two hundred thirty-three students from 7 area schools attended the annual Youth field day held on September 5. This hands-on learning event features 10 learning stations where attendees learn about important topics in agriculture and rural living. Jim Crawford, MU Extension Director of Graves-Chapple Extension & Education Center and Field Specialist in Agri Systems Technology coordinated the event.
- An evaluation is conducted after the event to gauge students change in knowledge on the topics covered from before they attended. In 2024, the evaluations showed a combined net increase in knowledge of 44.2% for all of the learning stations.



Students learned about the impact of temperature on livestock production from Amie Schleicher, MU Extension Field Specialist in Livestock. Concepts such as thermoneutral zone and heat stress were discussed.



Debbie Bennet presented to area agriculture education classes about being more mindful about how much added sugar they consume



Gwen Funk, MU Extension Field Specialist in Horticulture, Introduced students to hydroponic growing.



Wayne Flanary, MU Extension Field Specialist in Agronomy taught weed identification of common weeds to Vo-Ag/FFA Students



Jim Humphrey, MU Extension Field Specialist in Livestock, taught FFA/Vo-Ag students the multiple benefits of incorporating native warm season grasses onto our livestock operations in northwest Missouri.



# Agriculture & Environment

## Weatherization and renewable Energy

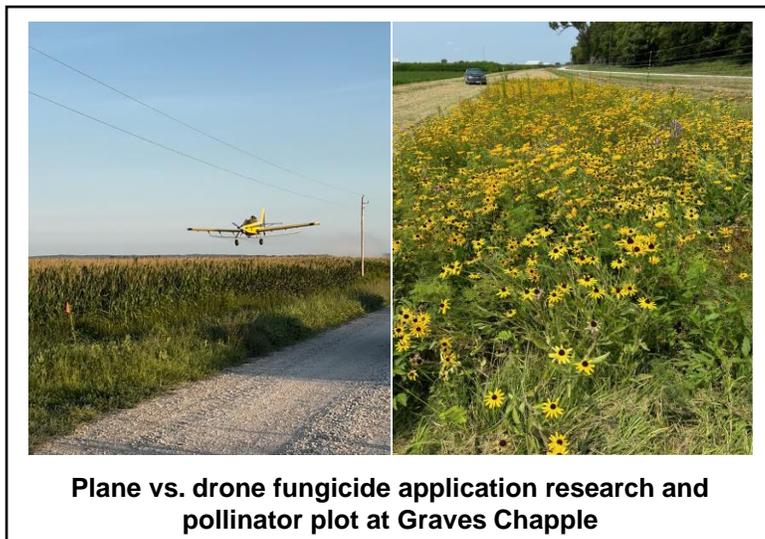
Jim Crawford, MU Extension Field Specialist in Agri Systems Technology works directly with northwest Missourians inquiries regarding:

- Energy conservation /weatherization – Steps and processes people can use to reduce their energy costs at home.
- Renewable energy – home and commercial scale wind and solar energy production systems. People want to know about these systems, can they reduce their electric bills, estimated paybacks and how does a large, commercial scale solar or wind farm being constructed near me affect my property values, my family and my lifestyle.

Unbiased, research-based information is provided to them on both of these, sometimes very complex, topics.



Attendees learn easy, low-cost ways to reduce their energy consumption and thus their energy bills during a workshop on weatherization.



Plane vs. drone fungicide application research and pollinator plot at Graves Chapple

## GRAVES CHAPPLE FIELD DAY



More than 170 commercial producers toured plots and listened to MU speakers at the Graves Chapple Field Day.

## EXTENSION MASTER GARDENER TRAINING

MU Extension Field Specialist in Horticulture, Gwen Funk, managed and collaborated on three Extension Master Gardener courses in northwest Missouri. This “train the trainer” program supports horticulture in many ways and can often be focused to meet the need of the local community. It supports the benefits of horticulture mentioned above and benefits the community with volunteer activity. Gwen coordinated two 30-hour training sessions in the region.

As a result of these activities, northwest Missouri has approximately 30 new Extension Master Gardener trainees that will help problem-solve and teach horticulture-related topics. These volunteers help facilitate other horticulture programs such as the youth Garden-n-Grow program.



Youth Garden-n-Grow participants working in the garden during the Buchanan County course coordinated by the Northwest Missouri Master Gardeners



# Agriculture & Environment

## Atchison/Holt/Nodaway County Women in Ag

- The Atchison/Holt/Nodaway County women in ag event, held August 28 in Rock Port at the Memorial Building, delivered another educational and fun opportunity for women in our area. Almost 70 women were in attendance.
- **When asked if they would recommend the program to other women, 100% (28 out of 28) of attendees who filled out an evaluation answered "yes". Other feedback was overwhelmingly positive.**
- Attendees were able to connect with 13 local women entrepreneurs through the vendor fair. Local sponsors generously donated \$2500, 25 silent auction items, and over 20 door prizes.
- The committee who organized and delivered the program included: Amie Schleicher, Denice Ferguson, and Gwen Funk, all with MU Extension, and program partners from the soil and water conservation district offices, USDA Farm Service Agency, and USDA Natural Resource Conservation Service.
- The program will rotate to Holt and Nodaway counties in 2025 and 2026.



The committee who organized and facilitated the Atchison/Holt/Nodaway County women in ag event on August 28 in Rock Port included women from MU Extension, soil and water conservation districts, USDA Farm Service Agency, and USDA natural resources conservation service in the three counties.



Participants practice tai chi concepts at the Atchison/Holt/Nodaway women in ag event on August 28 in Rock Port during a demonstration given by Debbie Bennett, MU Extension Field Specialist in Nutrition & Health.



Jackie Allenbrand, founder of P.H.A.R.M. dog, visits with a group of women about the program and shares the emotional stories of how farmers with disabilities have been impacted so positively by the dogs they've received. She was the keynote presenter at the Atchison/Holt/Nodaway women in ag event.



Atchison County Soil & Water Conservation District  
Holt County Sol & Water Conservation District  
Nodaway County Soil & Water Conservation District



# Agriculture & Environment

## Pixels & Pearls of Production

*Objective: “To provide a leadership and hands-on training opportunity for women in Missouri involved in livestock production.”*

Women in agriculture have long played a pivotal role, particularly in the management and care of livestock. Their contributions are often undervalued, yet their expertise and knowledge are indispensable to the sustainability and productivity of agricultural systems worldwide.

Women in agriculture not only tend to the daily needs of livestock, ensuring their health and well-being, but also bring innovation and resilience to farming practices. Their involvement is crucial in advancing food security, enhancing biodiversity, and fostering sustainable development.

By empowering women through access to resources, education, and equal opportunities, we can bolster the agricultural sector, leading to a more equitable and prosperous future for all.



## Program Outcomes & Impacts

Participants increased their knowledge on the following topics with the percent increase following:

- Beef genetics on the farm: **107%**
- Backyard laying hen management: **55%**
- Forages and pasture management: **73%**
- Farm headaches: **52%**

## Genetic Lockbox

*Objectives: “Obtain a basic understanding of genetics. Distinguish genotype and phenotype. Define dominant and recessive alleles and how they are represented.”*

Genetic Lockboxes are an innovative and interactive means to educate the public about genetics. Participants exercise communication techniques as they work together to solve the puzzles. The puzzles are designed to make participants think through and apply problem-solving skills to genetic concepts. Participants will struggle, make mistakes, and rely on teammates.

Through a partnership with Ellis Fischel Cancer Center, the Genetic Lockbox has gone statewide with **64 boxes** located across the state. Teachers, 4-H volunteers, FFA advisors, Boy and Girl Scout leaders, etc. can reserve box(s) free of charge. It comes with all the puzzles, hint cards, answer sheets, and a 25-page Facilitator’s Guide.



*Crack the codes to open the locks to get the \*prize\* in the box.*

**Learn More**





# Health & Human Sciences

## GO MO! MOVEMENT STATIONS



Debbie Bennett, MU Extension Field Specialist in Nutrition & Health created a pilot program called **Go MO!** to see if participants **would exercise on their own** with simple instructions and equipment. Thanks to a **HEED grant** from Health and Human Sciences, she purchased plastic totes and hand weights. Each tote includes instructions for 8 easy exercises. She placed the totes at **the Atchison County Extension office in Rock Port** and the **Nodaway County Senior Center**.

The first tote went to Rock Port in late September to encourage participants of the Stay Strong, Stay Healthy class to keep up their exercise routine. More recently, after completing two A Matter of Balance classes, she introduced the Go MO! movement stations to those participants as well.

So far, **five people have used the station in Rock Port**, including two women from the Stay Strong, Stay Healthy class who have been exercising consistently twice a week since September. **This program is a simple way to create an environment that supports people in making healthier choices.**

## STAY STRONG, STAY HEALTHY



Stay Strong, Stay Healthy – Level 1 participants perform the Leg Extension exercise using ankle weights.

**Level 1** Classes were held in April and May in Rock Port.

- 11 total participants, 1 first-time participant
- The estimated annual medical cost savings for someone who completes Stay Strong, Stay Healthy is \$1,024, according to the Centers for Medicare & Medicaid Services.

**Level 2** classes were held July –September in Rock Port

- 8 total participants from Atchison County
- 7 of 8 participants who completed pre and post fitness tests improved or stayed the same on the 10-Foot Up-&-Go Test which assesses the agility and balance needed for activities such as standing quickly from a seated position and walking.

**Success Story: One of the class participants said she is glad she is taking the class because one day at home her power was out for several hours, which meant her garage door couldn't be opened using the opener. She was strong enough to manually lift the garage door when she needed to get the car out of the garage. That's a great example of functional fitness.**



Gina Ripley, nutrition program associate who serves Atchison County, talked to the class about protein and gave them a sample of Nutty Apple and Spinach Salad.



Participants perform the Overhead Press exercise.

**"I feel stronger and more confident." – Atchison County program participant**



Participants perform the Triceps Pushup exercise.



# Health & Human Sciences

## FOCUS ON KIDS

According to the Missouri State Statute 452.600, when parents of children eighteen years and younger split up, they are required to attend a parenting class. Focus on Kids satisfies that requirement. This class is a supportive educational program designed to help individuals navigate the challenges of co-parenting after a

separation or divorce. It provides valuable information on how to minimize the emotional impact of divorce on children, encourage healthy communication between parents, and promote effective conflict resolution. The goal is to ensure that both parents are equipped with the tools they need to create a stable, supportive environment for their children, even as they adjust to the changes in their family dynamics. It is estimated that divorce education classes like FOK have a societal return on investment over \$3 for every \$1 invested (Alcaniz et al., 2022; see also Herman et al., 2015; Taskforce on Divorce and Divorce Reform, 1973).

- 10 Atchison County citizens participated in this training online
- Katie Pemberton, Field Specialist in Human Development teaches this course

“I learned how to respect the other parent and how to coparent better. The class was very helpful and had a lot of good information.”  
-Focus on Kids Participant

## PONY EXPRESS THERAPY DOGS

Pony Express Therapy Dogs are going on their seventh year in existence. The group has 25 members and 26 dogs and they visit many locations within multiple counties. These locations range from nursing homes, libraries, special events and even local universities.

Therapy dogs provide numerous emotional and psychological benefits to individuals of all ages. Their presence can significantly reduce stress, anxiety, and depression by promoting a sense of calm and comfort. Interacting with therapy dogs has been shown to lower blood pressure, release feel-good hormones like oxytocin, and create a soothing environment for people facing challenging situations. These dogs can also help improve social interaction, particularly for individuals with autism or social anxiety, by acting as a bridge for communication.



Members of the organization along with their service dogs.

## EFNEP

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,624,777 federal funds to Missouri. These funds were used to enroll 559 limited-resource families in nutrition education and meal preparation classes, representing 2,068 family members. Additionally, 2,864 youth were enrolled in EFNEP classes.

Six of these youth and adult participants reside in Atchison County.

Participants in EFNEP learn the importance of making healthier meals and snack choices, eating breakfast more often, trying new foods, increasing their physical activity, and making 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.



# Health & Human Sciences

## SNAP-Education

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,145,237 in federal funds to Missouri. The funds support engagement with 74,864 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active and healthy eating on a budget. This year we had 1,164,143 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

- 324 direct and indirect contacts were made in Atchison 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.



Gina Ripley, MU Extension Nutrition Program Associate Teaches MyPlate

### Participating schools and agencies include:

- ✓ Fairfax Elementary
- ✓ Rock Port Elementary
- ✓ Tarkio Elementary
- ✓ Atchison County Head Start
- ✓ Rock Port United Methodist Church Food Pantry
- ✓ Community Services Inc. of NW Missouri – Atchison County

## Success Story

**The students at Rock Port Elementary School recently participated in nutrition classes. While grocery shopping in St. Joseph a young boy pointed at me and told his dad, "That's Chef Gina...she came to my class at school." I said hello and the dad asked, "So you're the lady who convinced my son to try a bell pepper strip?" He told me that his son is a very picky eater and that he and his wife were very happy to find a vegetable that they could offer at home that the boy would actually eat! I told the boy that I looked forward to visiting his classroom during the next school year and I encouraged him to keep trying new foods.**



# County highlights

## Century Farm

In 1976, Missouri’s Centennial Farm project awarded certificates to persons owning farms that had been in the same family for 100 years or more. The MU College of Agriculture, Food and Natural Resources and MU Extension planned a 10-year update in 1986 called the Century Farm program. Since then, the program has been an annual event, recognizing more than 100 farms each year. In 2008, the Missouri Farm Bureau became a program co-sponsor.

“Missouri Farm Bureau is a proud partner in the recognition of century farms,” said Blake Hurst, former president of Missouri Farm Bureau. “We applaud the hard-working farm families that have kept us fed and clothed for generations. They represent an important part of our heritage and laid a foundation for the bounty Americans enjoy every day.”

To qualify, farms must meet the following criteria:

The same family must have owned the farm for 100 consecutive years.

The line of ownership from the original settler or buyer may be through children, grandchildren, siblings, and nephews or nieces, including through marriage or adoption.

The farm must be at least 40 acres of the original land acquisition and make a financial contribution to the overall farm income.

Since 1976, the program has recognized more than 8,000 Missouri Century Farms.

For more information, visit the program’s webpage at <https://extension2.missouri.edu/programs/century-farms>



Above: Jim Crawford presents Missouri Century Farm sign to Jay Smith for the James Earl and Joann Whitford Farm. The Whitford Farm is 78 acres and has been in the Whitford family since 1880..

Pictured Below: Devon Sons, Extension Chair presents The Frede Family Farm sign to David Frede. The Frede Family Farm is 133 acres and has been in the Frede family since 1922.





## County highlights

### Atchison County State Fair Farm Family-Chad and Afton Schomburg



Chad and Afton Schomburg and family of Rock Port were among the families honored during the 67th annual Missouri Farm Family Day, Aug. 12<sup>th</sup>, 2024 at the Missouri State Fair.

The Schomburg family was selected as the Atchison County Missouri Farm Family by University of Missouri Extension in Atchison County and the local Farm Bureau. The family includes Nash Schomburg, age 10.

Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA.

The Schomburg family, along with the Demott's, operate a 1,400-acre corn and soybean operation and have a small cattle herd. The Schomburg's enjoy traveling and showing livestock throughout the year, especially at the Missouri State Fair.

The annual event is sponsored by five partner agencies: the Missouri Farm Bureau; the Missouri Department of Agriculture; the Missouri State Fair Commissioners; the MU College of Agriculture, Food and Natural Resources; and MU Extension.

The event showcases the impact that Missouri farm families have on the economy and heritage of the state, said Missouri State Fair Director Jason Moore. "These families are involved in agriculture activities in their communities and are active participants in local outreach and extension. As the premier showcase for Missouri agriculture, the Missouri State Fair is most certainly the appropriate place to celebrate these families."

