## Bates County Extension Council
Libby Foster, Chair  
Myra Colin, Vice Chair  
Hope Campbell, Secretary  
Shannon Crawford, Treasurer  
Sharon Arnold  
Brian Gillis  
Larry Hacker  
Missy LanCaster  
Gwen Ford  
Abby Salazar

## Bates County faculty and staff

- **Sara Bridgewater**  
  County Engagement Specialist, Nutrition and Health Specialist

- **Ramon Arancibia**  
  Horticulture Specialist

- **Amanda Ast**  
  Nutrition Program Associate

- **Renata Mogilnicki**  
  County Office Support Staff

## Bates County Commissioners

- **Jim Wheatley**  
  Presiding Commissioner

- **Alvin Griffin**  
  Northern Commissioner

- **Larry Hacker**  
  Southern Commissioner

## State Legislators

- **Patricia Pike**  
  Missouri Representative  
  District 126

- **Michael Davis**  
  Missouri Representative  
  District 56

- **Rodger Reedy**  
  Missouri Representative  
  District 57

- **Rick Brattin**  
  Missouri Senator  
  Missouri 31 State District

## 2020 Bates County University of Missouri Extension Council operating budget

<table>
<thead>
<tr>
<th>Budget Category</th>
<th>Amount</th>
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<tbody>
<tr>
<td>2020 Budget</td>
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<tr>
<td>Salary &amp; Wages - Office Manager</td>
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<tr>
<td>FICA &amp; Insurance</td>
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<td>4-H Salary &amp; Wages</td>
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<td>Insurance (Office)</td>
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<td>Misc</td>
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<tr>
<td>Furniture/Equipment</td>
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</table>

## Staff serving Bates County  
(based in other counties)

- **Mikayla Fox**  
  4-H Youth Specialist

- **David Hoffman**  
  Livestock Specialist

- **David Black**  
  Agriculture & Environment Specialist

- **Kelly Asbury**  
  Business Development

- **Pat Miller**  
  Agronomy Specialist

- **Kyleigh Sullivan**  
  Human Development Specialist
December 1, 2020

Dear county commissioners and friends of MU Extension,

Few of us have experienced a year quite like 2020. The COVID-19 pandemic has brought each of us so many unforeseen professional and personal challenges. Yet, as difficult as the last months have been, they have also called us at University of Missouri Extension and Engagement to think about our work differently and find new ways to serve and respond to Missouri’s needs.

We are working harder and more innovatively to develop local and statewide partnerships and collaborations that help us improve lives, communities and businesses across the state. Through our four UM System universities, we are working to expand our state’s broadband access and support statewide efforts to prepare our workforce for 21st century opportunities. This work is key to keeping Missouri’s economy competitive and helping people and communities in every part of our state thrive.

We continue to expand and develop tools like the All Things Missouri web portal (https://allthingsmissouri.org) that provide a wealth of data local leaders can use to pinpoint county and community needs and plan for coordinated solutions. New COVID-19 tracking tools, for instance, help county health departments accurately assess the local impact of the virus and coordinate targeted responses. A new Missouri Food Finder tool (https://mofoodfinder.org) matches consumers with growers and producers to create a market for locally grown foods. The UM System Community Connect web portal (https://community.umsystem.edu) showcases the many resources, services and faculty programs available to the community through each of the four universities in the UM System. Please explore and use these tools. Tell us how we can improve them to better serve you.

Whether online or in person, we are committed to working with you to deliver knowledge, resources and programs that best meet your communities’ interests and needs. I hope you see the impact of that work in this year’s county annual report — just as you see your own hand, as key stakeholders, in making this work possible.

We greatly appreciate your support of MU Extension as partners within your community. As always, I welcome your input on how the University of Missouri can better serve you as we look forward to a brighter year ahead.

Sincerely,

Marshall Stewart, Ed.D.
Vice Chancellor for Extension and Engagement
The County Engagement Specialist (CES) of Bates county attends Extension Council meetings during the year and assists the council however needed. In 2020, the council focused on raising funds for the 4-H Youth Program Associate position in Bates County. To further that cause, the Extension council and office staff (with the help of many others) hosted a successful Trivia Night fundraiser. As CES, I attend many meetings and trainings throughout the year, as well as serving on other committees and boards in Bates County.

As Nutrition and Health Specialist at the Bates County Extension Office, I cover Bates, Vernon, and Cedar Counties with Nutrition and Health Programming. Despite the challenges of 2020, many Nutrition and Health Programs were SAFELY conducted in Bates County. Two of those programs were:

• **Stay Strong, Stay Healthy**, a 16-session class offered over 8 weeks. For older adults, this is a strength training exercise class designed to help improve balance and flexibility.

• **Cooking Matters**, a very popular 6-session/12 hour program that helps participants learn about nutrition, shop on a budget, and get hands-on experience with cooking healthy recipes, plus much more.

When COVID-19 appeared, we were the first county in Missouri to pilot a virtual **Cooking Matters for Kids** program and it was very successful. I was happy to collaborate with the 4-H Youth Specialist, Youth Program Associates, Nutrition Program Associates of our tri-county region to create and host a project titled the **International Foods Spin Club**. Youth from four different counties participated. I’m looking forward to all the programming planned for 2021!
MU Extension Specialist based in Bates County who serves 12 counties in the West Central Region. Due to the COVID-19 pandemic, face to face farm visits coincided with produce auctions since Amish/Mennonite growers don’t have access to social media or computers. Among the main concerns addressed were soil-borne diseases, foliar diseases, and pesticide use. Seven face to face workshops/trainings were conducted. However, most of the assistance to clientele was through online courses, townhall meetings, newsletters (videos), and emails. In addition, eight articles were published in the Missouri Produce Growers (MPG) bulletin (which reaches a large audience of Mennonite and Amish growers) and other venues. Offering information and assisting produce growers is expected to increase local production and the sustainability of the industry.

| Bates Co. Field client consultations (direct contacts) | 62 |
| Bates Co. indirect contacts | 232 |
| WC Field client consultations (direct contacts) | 456 |
| Presentations/workshops/field days: | 7 |
| Private Pesticide Applicator Training (Bates Co.) | |
| Pesticide safety training for youth (Bates/Vernon Co.) | |
| Food Safety Modernization Act - Produce Safety Alliance training (Bates/Vernon Co.) | |
| Tomato Grafting Workshop (Morgan Co.) | |
| Fall production of vegetable crops (Hickory Co.) | |
| West Central Regional Energizer (Henry Co.) | |
| Farm to Fork Breakout Session: Planning for Success (ST. Clair Co.) | |

Online statewide courses/trainings:

- Commercial Fruit Crop Production Webinar
- Beginner farmer Commercial Small Fruit Crop Production Webinar
- Commercial Horticulture Town Hall interactive web meetings
- Sustainable urban Agriculture webinar (in Spanish)
- Food Safety Modernization Act - Produce Safety Alliance
- Commercial Horticulture COVID-19 Rapid Response Team Activities Recordings

| Sessions | 19 |
| 10 | |
| (6) | |
| 8 | |
| 1 | |
| 1 | |

Total direct contacts: 3596

Articles:

- Online Commercial Horticulture Newsletter (biweekly) | 5 |
- MO Produce Growers | 5 |
- Ag in Focus WC-MO | 1 |
- HortScience | 1 |
- Journal of Economic Entomology | 1 |

Total indirect contacts: 1589
4-H Youth Program Specialist – Mikayla Fox

Number of Bates County residents served
- 217 4-H Members
- 92 Trained Adult Volunteers

Accomplishments
Bates County 4-H serves youth through 9 organized clubs. The youth of Bates County have demonstrated learning through the following activities:

County
- 1 Regional Representative
- 36 Club Officers
- 4 County Council Officers
- 500 Projects registered by members
- 166 Projects registered by leaders
- 4-Hers also participate in many local events such as county 4-H council meetings, Bates County Youth Fair, Bates County Fashion Review, virtual recognition celebration, club officer training, 4-H week celebrations and community service activities.
- 68 project records completed by Bates County 4-H members

Regional and State Events
- 58 non-livestock projects submitted to Ozark Empire Fair
- Non-livestock projects submitted to Missouri State Fair
- Two 4-H members awarded best of show at the Missouri State Fair with their non-livestock projects
- Two 4-H members submitted virtual demonstrations to the Missouri State Fair
- Members participated in the virtual State Fashion Review
- Members attended the West Central Regional Energizer
- Several members competed at state shooting sports competition
Missouri 4-H Members are...
- nearly twice as likely to expect to go to college related careers than their non 4-H peers and they tend to pursue careers in STEM fields (Lerner & Lerner 2011)
- prepared 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 is the only youth development program with direct access to technological advances in agriculture, life sciences, engineering, learning technologies and social sciences from the university system, which relevant science content and hands-on learning helps youth thrive. (Arnold, Bourdeau, & Nott, 2013)

How does this make Bates County and Missouri better?
- Youth who earn their bachelor’s degree increase annual earnings by $2 million over their lifetime (NACUBO, 2012).
- If 50% of the Bates County members participating in 4-H events on the MU Campus go on to earn their bachelor’s degree, 4-H would help young people earn $143.7 million more in lifetime earnings.
- Volunteers create, support and are a part of the 4-H community. Missouri 4-H volunteers who responded to a survey report they contribute on average 100 hours per year. Valuing their time at $25.43/hour (Independent Sector, 2019), the contribution of the Bates County was worth more than $233,956.00 in 2019. More importantly, these individuals serve as role models and mentors for youth, helping them transition to adulthood.

References
Nutrition Program Associate – Amanda Ast

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought $9,964,840.00 in federal funds to Missouri. The funds support engagement with 723,461 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri. There were 3,209,545 direct educational contacts. This year we had 2,817,878 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

11,481 direct and indirect contacts were made in Bates 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 their 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.

In Bates County, 525 Youth and 10,956 Adults contacts were made for a total of 11,481 contacts.

The following are the locations where participants were served in Bates County:

<table>
<thead>
<tr>
<th>Ballard Elementary</th>
<th>Adrian Head Start (WCMCAA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butler Elementary</td>
<td>Butler Senior Center</td>
</tr>
<tr>
<td>Hume Elementary</td>
<td>Community Food Pantry of Butler</td>
</tr>
<tr>
<td>Rich Hill Elementary</td>
<td>Bates Co MU Extension Center</td>
</tr>
</tbody>
</table>

In addition to the numbers, Amanda Ast shared this success story demonstrating local impact:

“After being released back to programming from COVID-19 restrictions at the end of August, I have been able to help more people with Food Stamp applications in a three months’ time span than I did in all of last year! One person that I helped to receive his Food Stamp Card was so excited that he had to show it to me (from a distance of course). He told me that it really helps him out!”

In summary, it has been a successful year in Bates County for Family Nutrition Education Programming. We look forward in 2021 to more programming opportunities and continued progress in helping to improve the lives of Missouri families.

Thank you,

Michelle Chapman-Larson
West Central FNEP Coordinator
Livestock Specialist – David Hoffman

Animal Health and Production Program Update:
Bates County livestock producers (160) participated in University of Missouri Extension Animal Health and Production programs that provide relevant, reliable and timely educational resources. Such programs include the Missouri Show-Me-Select Bred Heifer Program, Beef Cattle Production Systems, On-the-Farm Cattle Performance Testing (Genetic Evaluation), Reproductive Management, Forage Management and Utilization, Enhanced Record Keeping (via the NCBA IRM Redbook) and general livestock production. 4-H and FFA youth involved in livestock production attended programs related to Show Me Quality Assurance training and received requested assistance on livestock project management. Producers were reached via farm visit, office visits, workshops, phone and/or email. In addition, media communication through a regional Ag In Focus newsletter and news releases were used to provide timely and relevant information to livestock producers. Livestock producers gained knowledge and/or skills to incorporate management changes in their livestock operation. These changes have the potential to improve their production system, increase their economic impact and improve the sustainability of their operation while maintaining their natural resources.

Human Development Specialist – Kyleigh Sullivan

It was my pleasure to visit Hume for the first time in 2020. In February the school district hosted a professional development day for the Golden Valley Vernon County Conference. I presented two breakout sessions to 28 faculty about brain health and dementia. In the first session 83% of participants reported they planned to incorporate at least one thing from the session into their daily life. In the second session 90% reported they planned to incorporate at least one thing from the session into their daily life.

Later in the year, the Human Development and Family Science team collaborated to offer Boost Your Brain and Memory virtually across the state. Boost Your Brain and Memory is an 8-hour program that offers a holistic approach to brain health. It discusses all areas of life and how each one of them plays a role in our brain health and dementia prevention. It also provides useful memory tricks to help keep folks sharp. There were participants from 14 counties, including Bates.
A dramatic comparison of the root system development of grazed fescue. The left specimen was cut monthly to 2” (simulating rotational grazing) and the right was cut weekly to 2” (simulating over grazing).
MU Extension in Bates County
1 N. Delaware
Butler, MO 64730

Phone: 660-679-4167
Email: batesco@missouri.edu
Web: http://extension.missouri.edu/bates
Facebook: University of Missouri in Bates County

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