

UNIVERSITY OF MISSOURI EXTENSION

Caldwell County

2024 ANNUAL REPORT



49 East Broadway St
PO Box 25
Kingston, MO 64650
816-586-1010



Office of Extension and Engagement

University of Missouri

Vice Chancellor's Office

108 Whitten Hall

Columbia, MO 65211

PHONE 573-882-2394

EMAIL cchiggins@missouri.edu

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



Back Row: Jessica Trussell, Manoj Chhetri, Jim Humphrey
Front Row: Julie Meek, Sascha Kammer Seib, Chelsea Corkins

Not Pictured: Stacy Steffens, Katie Neuner, Scott Finley, TJ Sethi, Amanda Cringan, Wayne Flanary, Jim Crawford

Extension Faculty and Staff Covering Caldwell County

Stacey Steffens

Regional Director, Northwest Region

Chelsea Corkins

Extension Engagement Specialist

Manoj Chhetri/Todd Higgins

Field Specialist in Horticulture

Jessica Trussell

Field Specialist in Human Development

Jim Humphrey

Field Specialist in Livestock

Katie Neuner

Field Specialist in Ag Business & Policy

Scott Finley

Field Specialist in 4-H Youth Development

Tarunjot (TJ) Sethi

Field Specialist in Nutrition & Health

Julie Meek

Nutrition Program Associate

Amanda Cringan

Youth Program Associate

Wayne Flanary

Field Specialist in Agronomy

Jim Crawford

Field Specialist in Agricultural Engineering

Sascha Kammer Seib, Office Manager

Council members

Teresa Fordyce, Chairman

Dana Still, Vice-Chairman

Sarah Cramer, Secretary

Cheryl Corbin, Treasurer

Ed Creason, member

Dale Akey, Commissioner

Bud Motsinger, Farm Bureau



MU Extension Council Members:

- Work with extension specialists to provide the county educational program
- Manage finances of local extension operations
- Provide personnel to carry out extension activities
- Elect and organize the local extension council

County commissioners

Dale Akey, Presiding Commissioner

Jonathan Abbott, Eastern District

Rex Hibler, Western District



Budget and more

2024 Appropriations budget

Income

County Appropriations	25,000.00
Gift/Grants/Contract	10,000.00
Total Income	35,000.00

Expenses

Salaries & Wages	12,020.00
Payroll Expenses	1,689.90
Non-Payroll Salaries	7,018.24
Travel	1,512.82
Postage	127.00
Telephone	659.36
Advertising	570.90
Publishing & Printing	1,641.69
Supplies & Services	782.83
Utilities	2,014.49
Insurance	1,115.88
Repairs & Maintenance	525.00
Total Expenses	29,678.11

The Leaders Honor Roll program is intended to honor outstanding community leaders and volunteers who have excelled in supporting, educating, and advancing MU Extension and/or 4- H in their communities and counties.



Megan Anderson (left) and Lori Heisey (right) were selected as Caldwell County's Leader's Honor Roll recipients in 2024.



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



Local Support

Did you know you can donate directly to Caldwell 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

Caldwell County 4-H Clubs

In 2024, Caldwell County had 3 community clubs and served 111 youth throughout the county.

These 4-H clubs offer long-term educational experiences in which members learn life skills such as leadership, decision making, public speaking and working with others. 4-H youth learned by doing under the guidance of screened, adult volunteers who teach projects ranging from computer science and arts to animal science and healthy living.

Amanda Cringan, Youth Program Associate (YPA) joined Caldwell County in 2024. Her immediate impact helped increase the Caldwell 4-H club membership by more than 20 youth since last year.



Hamilton Achievers

Club Leaders: Debbie Clevenger & Natalie Hibler
Clover Kids: 25 kids; + **Members:** 42 kids



Braymer Pleasant Hill Hustlers

Club Leader: Erika Swindler
Members: 15 kids



Polo TrailBlazers

Club Leader: Lori Heisey
Clover Kids: 9; + **Members:** 20 kids



Scott Finley,
4-H
Specialist,
with 6 Polo
TrailBlazers
and 2
Achievers
4-Her's at 4-
H Club
Officer
Training

Volunteers are the core of the 4-H program. In 2024 Caldwell County had 41 approved volunteers. Volunteers create, support, and deliver educational programs and experiences.

Missouri 4-H volunteers report contributing on average 100 hours per year to the program.

Valuing their time at \$31.80 per hour (Independent Sector, 2023), the

contribution of Caldwell County volunteers was more than \$130,380 in 2024.



Missouri 4-H Positive Youth Development

In 2024, Caldwell County 4-H members participated in:

- Clover Kid Camp & 4-H Camp
- 4-H Micro Energizer
- 4-H Photography Workshop
- Clinton County 4-H Shooting Sports Invitational
- Missouri State Fair
- 4-H Demonstrations
- Move Across Missouri
- National 4-H Congress
- State 4-H Fashion Revue
- State 4-H Poultry Day
- State 4-H Public Speaking
- State Livestock Judging Contest
- Recognition Night



4-H “On My Own”

In 2024, Caldwell county school districts engaged with a new curriculum titled “On My Own” – a hands-on, real-life simulation that gives youth the opportunity to experience adulthood.

Their “real life” decisions included deducting taxes, determining a savings goal, and spending their monthly salary on both necessities and luxury items in a capstone simulation activity to balance lifestyle choices with financial limitations.





Agriculture & Environment

WOMEN LANDOWNERS AG CONFERENCE

The 21st Women Landowners Ag Conference took place this spring in Concordia MO. There were 68 attendees from 17 Missouri Counties present, with MU Extension Ag Business (Katie Neuner), Livestock, and Horticulture (Kathi Mecham) specialists educating participants on a variety of agriculture related topics.

This program aimed to empower female landowners and farmers to be agents of positive change in their communities through active participation, educational sessions and networking.



Soybean Outreach



MU Extension hosted a cross-discipline effort at the Soybean Festival in 2024.

Various youth activities, such as a soybean sensory bin, nutrition-themed tic-tac-toe and soybean cycle coloring sheets, along with a pesticide safety table and a genetics lockbox game. Soybean plant growth stages and nutrition presentations on sugary drinks attracted, both adults and youths who also explored MU Extension's print resources.

TAR SPOT EDUCATION

Tar spot was a common topic for MU Extension Agronomy Specialists, including Wayne Flanary, in 2024. Tar spot can cause severe yield loss on susceptible hybrids. While Missouri has experienced some extremely high temperatures this year, evenings in many weeks were milder and caused the disease to continue spreading. The pathogen can survive Missouri winters. Industry Reps in NW Missouri submitted this picture of tar spot in corn. Industry groups and MU Extension have a good working relationship sharing information of what is happening in the field.



COMPANION GARDENING & HYDROPONICS

At multiple events this year, MU Extension Horticulture Specialists showcased Companion Gardening & Hydroponics.

Attendees learned how companion planting helps support natural pest control, as many pests typically prefer monocultures

- plants of a single variety. It also:

- Helps attract beneficial insects & pollinators
- Improves soil fertility and structure
- Allows for crop rotation and healthier soil





Agriculture & Environment

Ag Updates & Private Pesticide Applicator Training

This annual training (image to right) 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
- The environmental ramification of improper pesticide application.



More than 113 participants initiated or renewed a license

in 2024, including 14 in Caldwell County. Ag staff then followed Private Applicator Training with “hot topics” in Horticulture (Manoj Chhetri), Ag Engineering (Jim Crawford), Agronomy (Wayne Flanary), Livestock (Jim Humphrey), and Ag Business (Katie Neuner).



In 2024, MU Extension Livestock Specialist Jim Humphrey was able to enroll seven cooperators from northwest Missouri in the Grasslands Partnership with University of Tennessee. Through this partnership, MU Extension brings over \$140,000 to support these seven operations in enhancing their grazing operations over the next four years.

Weatherization and renewable Energy

In 2024, Jim Crawford, Agricultural Engineering Specialist, helped NW Missouri learn easy, low-cost ways to reduce their energy consumption and thus their energy bills through weatherization or renewable energy. This included:

- 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, including how a large, commercial scale solar or wind farm can affect property values, family and lifestyle.





Health & Human Sciences

Fall Prevention: Matter of Balance

Held by MU Extension Nutrition & Health Specialist TJ Sethi, and Human Development Specialist Jessica Trussell in Caldwell County, helped adults realize that falls — and the fear of falling — are controllable.

Matter of Balance, a multi-session exercise program addresses both physical and psychological factors. This program empowers older adults to live more confidently and safely by exploring topics such as exercise for balance, home safety, assistive devices, medication usage, fall myths, physical risk factors, overcoming exercise barriers, and self-motivation vs. self-defeating thoughts.

In-person classes were taught in Caldwell in 2024.



Caldwell County, A Matter of Balance, 7 participants, watching the 'A Fear of Falling' video on the first day of class.

Positive changes associated with this course are estimated to save an average of \$938 per person in annual healthcare costs, including a \$517 reduction in unplanned hospitalization costs, a \$234 reduction in skilled nursing facility costs, and an \$81 reduction in home health costs (Centers for Medicare & Medicaid Services, 2013).

Fall Prevention: Stay Strong, Stay Healthy

Stay Strong, Stay Healthy, 8-week program, used research-backed exercises to improve strength, flexibility and balance to help individuals live independently longer

Sessions:

- 16 sessions and 9 participants in Kingston

Impact:

- All the participants improved in their fitness assessments in strength, flexibility, and/or balance.
- Post-survey results showed increased physical activity levels



SUCCESS STORIES

- “This class helps me keep moving. I had an accident on the farm this year and I kept on doing the exercises you taught in the class. I truly believe that helped me revive back quickly.”
- “I am definitely stronger than I used to be since I started taking this exercise class. I can go up and down the stairs much more easily now.”
- “It is great to see someone offering classes like these (SSSH) in our small community. Otherwise, we would have to travel 30–40 minutes just to get to a gym, especially when the weather is cooler.”



Health & Human Sciences

Snap-Education in 2024

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.

- **Caldwell county had 6,984 indirect and direct contacts throughout the 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.



Schools	Agencies
<ul style="list-style-type: none"> ▪ Braymer Elementary ▪ Breckenridge Elementary ▪ Hamilton Elementary ▪ Hamilton Middle ▪ New York Elementary ▪ Polo Elementary ▪ Polo High School 	<ul style="list-style-type: none"> ▪ Laugh and Learn Children's Center ▪ Caldwell County Health Department ▪ Christ Cupboard

Youth Nutrition & Cooking

MU Extension staff hosted multiple Kids in the Kitchen sessions for local Caldwell County youth. Lessons encourage young people to eat healthier meals and snacks as a result of hands-on cooking experiences. This program is designed to:

- Encourage youth to make healthier food choices based on the USDA MyPlate
- Help youth gain confidence in preparing their own healthy snacks
- Give youth knowledge on recipes and equipment safety.



WITS Workout

In 2024, Jessica Trussell, Human Development Specialist, hosted this interactive brain health program to participants across the NW region including Caldwell County. WITS Workout promotes cognitive engagement through activities designed to stimulate mental agility and enhance memory, problem-solving, and creative thinking skills.

Members of the Caldwell County Extension Council (left) participating in a WITS Workout activity in October



County highlights

CALDWELL COUNTY FAIR & STATE FAIR

- 2024 was the first Caldwell County Rabbit and Poultry show, with 55 rabbits entered.
- 4-H members submitted more than 150 projects for judging during Achievement Day, in topics from baking, photography, and sportsfishing.
- 10 club members and 7 clover kids presented demonstrations or gave speeches at Contest Day

Missouri State Fair:

- 50 projects in the 4-H Building
- 13 Demonstrations
- 7 State 4-H Shooting Sports competitors
- 1 youth participated in State Fashion Revue
- Many youth received big wins in the show barns



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.



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."

Soil Testing Inquiries

The Caldwell County Extension Office saw an increase in soil sampling from the residents of Caldwell County during 2024. Farmer's have been more vigilant in how much fertilizer they put on their fields, because of increases in prices for the farming communities.



In 2024, 8 garden soil samples and 108 field soil samples were processed through the Caldwell office analyzed by the MU Soil Testing Lab.





County highlights



**2024 State Fair Farm Family for Caldwell:
The Farmer's**



**2024 Century Farms: Orr Farms,
Williams Farm, Appleman-Hosman**

Success Story with Nutrition Program Associate, Julie Meek

Fifth grade students at Hamilton Elementary in Caldwell County completed nutrition classes in 2024. These students learned about the Dairy Group from MyPlate, and that calcium is the mineral found in dairy foods that works to make bones and teeth strong. They also learned:

- That they need three cups of dairy every day because their bodies are like piggy banks, storing any extra calcium.
- Some ideas on how to get the recommended three cups of dairy in their diets each day. Ideas included eating yogurt, smoothies, and cottage cheese.
- They could use cheese on hamburgers, sandwiches, tacos, salads, burritos, pizza or just by eating cheese for calcium.



As a part of the Food & Nutrition education through MU Extension, local students know how important it is to eat from all five food groups from MyPlate along with exercising at least an hour every day for a healthy and strong body!

Caldwell County



University of Missouri System

COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Footprint in the county in 2024



FY24 county students

64 students

- 56 Undergraduates
- 8 Graduate and professional students
- 30 Full-time students
- 34 Part-time students



County employees and retirees

4 people employed by UM

- 4 Campuses



County alumni

Selected school alumni

- 2 Medicine
- 17 Nursing
- 9 Health Professions
- 6 Dentistry
- 9 Pharmacy
- 5 Veterinary Medicine
- 71 Agriculture
- 15 Engineering
- 7 Law

Alumni teaching K-12

- 13 teachers
- 7.8% of all district teachers
- 3 principals and administrators
- 16.7% of all district principals and administrators



County breakdown

MU

- 19 students
- 144 alumni
- 1 employee

UMKC

- 34 students
- 59 alumni
- 2 employees

Missouri S&T

- 9 students
- 10 alumni
- 1 employee

UMSL

- 2 students
- 2 alumni
- 0 employees



County properties and offices

MU Extension in: Caldwell County



County population: 8,890



County services provided

Health care (FY24)

- 30 in-state patients seen at MU Health Care, with \$7,042 of uncompensated care
- 17 in-state patients seen at UMKC School of Dentistry with a statewide average of \$52.57 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 253 visits to 104 patients having ZIP codes associated with the county

Extension (2023)

- 3,000 Total educational contacts from MU Extension to residents of the county, including:
- 50 contacts related to productive farming, better gardening, and managing natural resources
- 2,765 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 1 contact related to starting businesses, developing community leaders, or renewing the local economy

Caldwell County



University of Missouri System

COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Statewide Footprint

Economic and Community Development Highlights

- In FY23, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 98,527 jobs.

\$3.1
billion

For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY18 and FY23, UM System brought Missouri more than \$1.58 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY24, UM System was issued 29 patents and filed 69 new U.S. patent applications.

- In FY24, the UM System awarded 707 design and construction project contracts throughout Missouri, for a total investment of \$287.3 million in the state.



In FY24, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 16,687 hrs of case-based instruction to 3,113 learners located in 105 of 114 Missouri counties and the city of St. Louis.

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)

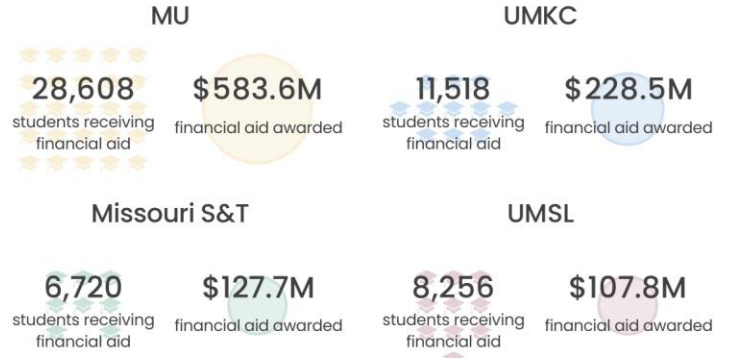


210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

Education Highlights

FY24 Financial Aid Awards

In FY24, 69.7% of the UM System's 79,014 students received financial aid totaling \$1.048 billion



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 484 K-12 school districts (830,000 students) and 134 public libraries (serving nearly 3 million Missourians) in 2023.

- UM System awarded 50.5% of the 31,689 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2023-24.
- UM System awarded 35.0% of the 1,776 research doctorates and 26.8% of the 3,796 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2023-24.
- In FY24, UM System's \$30.7 million in National Science Foundation (NSF) grants represented 96.9% of all NSF grants made to Missouri public colleges and universities.
- In 2024, over 12,400 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure.

Supporting the University of Missouri is an investment in the future of Missouri.

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2024, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation

