Dear County Commissioners and friends of MU Extension,

The past year has been extremely productive for University of Missouri Extension and Engagement. With the launch of our county engagement specialist model, which is the centerpiece of a long-overdue restructuring, we are better positioned to serve Missourians.

Most county engagement specialists are now in place and the formal training for this new position rolled out this fall. By January 2019, we expect our CESs to be well on their way to success. I see a great future for them and the communities they serve.

At the MU campus, we have been busy putting in place online resources that will benefit Missouri communities. In particular, the All Things Missouri web portal is an exciting tool that can help community leaders search for valuable data. I encourage you to check it out at https://allthingsmissouri.org/.

When 2018 began, we set out to meet with every county’s administrative body. This effort provided valuable insight and helped strengthen relationships; and as a result, we will engage in a similar effort in 2019. Meeting stakeholders and deepening county relationships is something we truly enjoy.

As you read your county’s annual MU Extension report, I am confident that you will be pleased with the results accomplished through county-based University of Missouri faculty. Our faculty take pride in their efforts to respond to local extension council input.

At the state level, we have committed to a goal of doubling the economic impact of MU Extension over the next decade. This goal of $2 billion in public value is ambitious — but, by meeting this challenge, we will help a great many Missourians.

Your support of MU Extension and our efforts in your community are greatly appreciated. As always, I welcome your input on how the University of Missouri can better serve your community and its people.

Sincerely,

Marshall Stewart
4-H Grows Here

Sam Lower
4-H Youth Development

Findings from a 2018 evaluation study reveals that Missouri 4-H:

**Develops Leadership**
81% of the Missouri 4-H’ers surveyed said they find it easy to speak up in a group.
89% reported feeling comfortable being a leader.
95% said 4-H is a place where they get to help make group decisions.
95% said 4-H is a place where you have a chance to be a leader.
97% said 4-H is a place where you learn about ways to help your community

**Builds Initiative**
92% of Missouri 4-H’ers surveyed said they are willing to try something they might get wrong.
93% said they keep trying until they reach their goals.
97% said they try to learn from their mistakes.
98% said they are willing to work hard on something difficult.
99% reported that they like to learn new things.

**Builds Connections for a Bright Future**
92% said they like to learn about people who are different from them, and get along.
93% said they think about others feelings before they say something.
93% say they think about how their choices affect others.
97% said they treat others the way they want to be treated.
98% said they show respect for others ideas.
4-H Grows Here

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). In 2018 Missouri 4-H connected 4,818 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Dalton & St. John, 2016).

Youth who earn a bachelor’s degree increase annual earnings by $2 million over their lifetime (U.S. News and World Report, 2011). Dallas County had about 4 youth participate in on campus events. If 50% of the Dallas County youth participating in 4-H events on a college campus receive a Bachelor’s degree, 4-H would help young people acquire $4 million more in lifetime earnings. If all 54 members participated in on campus events and received a Bachelor’s degree, those members could acquire $108 million more in lifetime earnings.

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 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. This brings relevant science content and hands-on learning that helps youth thrive (Arnold, Bourdeau, & Nott, 2013).

In Dallas County 20 members were engaged in science related projects and experiences.
4-H Clubs in Dallas County
4-H participants = 54 youth
Dallas County 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 SPIN and special-interest programs
4-H participants = 12 youth*
Dallas County 4-H SPIN and special-interest clubs and programs include community partnerships and events, day camps and other educational activities.
4-H School Programs
4-H participants = 10*

Dallas 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. The two 4-H school programs in Dallas County are Computer Coding and Egg Incubation.
*Duplicates not removed.

4-H members are supported by 29 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 $24.14 per hour (Independent Sector, 2017), the contribution of Dallas County 4-H volunteers was worth more than $4800 in 2018. More importantly, these individuals serve as role models and mentors for youth.
January 22, 2019
Dallas County Extension Center
108 S. Maple St., Courthouse
Buffalo, MO 65622

Re: Dallas County Annual FNEP Report
The Family Nutrition Program (FNP) brought $9,449,699.00 federal funds to the state of Missouri. These funds were used to provide nutrition education to 735,541 Supplemental Nutrition Assistance Program recipients and eligible citizens of Missouri. There were 2,932,390 educational contacts. This year we had 2,242,249 indirect educational contacts. Indirect contacts are reached through newsletters, health fairs, food pantries and the Show Me Nutrition help line.

Participants in FNP become more aware of nutrition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increase their physical activity and in general make healthier food choices. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important programming effort serves to reduce healthcare costs over the participant’s lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums. In Dallas County, 466 Youth and 643 Adults contacts were made for a total of 1,109 contacts. The following is a list of the locations where participants were served in Dallas County:

<table>
<thead>
<tr>
<th>Schools</th>
<th>Agencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mallory Elementary</td>
<td>Dallas County Health Department</td>
</tr>
<tr>
<td>Buffalo Prairie Middle School</td>
<td>Heart to Heart Outreach Ministries</td>
</tr>
<tr>
<td></td>
<td>Buffalo Senior Center</td>
</tr>
<tr>
<td></td>
<td>Buffalo Head Start</td>
</tr>
<tr>
<td></td>
<td>Prairie Chapel United Methodist</td>
</tr>
</tbody>
</table>

In summary, it has been a successful year in Dallas County for FNP. We look forward in 2019 to more programming opportunities and continued progress in helping to improve the lives of Missouri families. We would like to wish you Happy Holidays and all the best in the New Year.

Thank you,
Michelle Chapman
Michelle Chapman
West Central FNEP Coordinator
Shawn and Erin Mankey and family of Long Lane were among the families honored during the 60th annual Missouri Farm Family Day, Aug. 13, at the Missouri State Fair. The Mankey family was selected as the Dallas County Missouri Farm Family by University of Missouri Extension in Dallas County and the local Farm Bureau. The family includes children Shelby and Kolby. 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, or participate in local outreach and extension programs, such as 4-H or FFA.

Century Farm Recipient
Gary W. Sturdevant and Family were awarded membership in the Century Farm Club. Their 40 acre farm was established February 12, 1918 his grandfather, Robert Franklin Sturdevant.

“Centennial Farm” project, awarded certificates to persons owning farms that had been in the same family for 100 years or more. This program has been sustained as a yearly event with over 100 farms recognized each year. In 2008, the Missouri Farm Bureau became a program co-sponsor.
<table>
<thead>
<tr>
<th>Continuing Education</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire &amp; Rescue Training</td>
<td>85</td>
</tr>
<tr>
<td>Law Enforcement Training</td>
<td>0</td>
</tr>
<tr>
<td>MO Training Institute</td>
<td>1</td>
</tr>
<tr>
<td>MU Conference Office</td>
<td>8</td>
</tr>
<tr>
<td>Nursing</td>
<td>6</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

## 2018 Budget

<table>
<thead>
<tr>
<th>Revenue</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>County Appropriations</td>
<td>16,000.00</td>
</tr>
<tr>
<td>Extension Council</td>
<td>9,430.51</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>25,430.51</strong></td>
</tr>
</tbody>
</table>

| Payroll Expenses | 19,352.97 |
| Payroll Taxes (FICA) | 1,042.21 |
| Rent for programming | 130.00 |
| Supplies | 1,457.59 |
| Telephone | 848.36 |
| Travel | 669.93 |
| **Total Expenses** | **23,501.06** |
**AGRICULTURE PROGRAM**

Agricultural Business Field Specialists: Karisha Devlin, Wesley Tucker, Mary Sobba
Program: Farm, Family, & ME – Summit for Women

<table>
<thead>
<tr>
<th>Number of County Learners</th>
<th>Total Hours of Collective Workshop Participation in 2018</th>
<th>What Did They Learn?</th>
<th>What Action Did They Take?</th>
<th>How Does This Work Make County and Missouri Better?</th>
</tr>
</thead>
</table>
| A total of 42 participants attended the conference from around the state. The breakdown by county is as follows: Adair - 2, Atchison-1, Audrain-1, Boone-1, Camden-1, Cole-4, Cooper-1, Dallas-3, Gasconade-1, Jackson-1, Jefferson-2, Johnson-1, Knox-1, Lawrence-2, Miller-1, Monroe-5, Osage-1, Pike-1, Polk-6, Pulaski-1, Ralls-2, Saline-1, Shelby-1, and Vernon-1. | 546 hours (42 participants X 13 hours of learning over two days) | Risk management topics, particularly marketing and production, were the focus of the two-day conferences. Knowledgeable instructors/speakers led sessions on crop insurance 101, rainfall index insurance: pasture, rangeland, and forage (PRF), livestock insurance, crop and livestock marketing, and farm financial management. Webinar technology (Facebook live) was incorporated into the conferences as another venue for farm women to participate. The Facebook live portion included general session speakers as well as 3 break-out session speakers focusing on crop and livestock marketing, and the crop/rainfall index/livestock insurance. The webinars gave those who were unable to attend the conference an opportunity to learn more about risk management and engage with other farm women. Additionally, the webinars were recorded for later viewing. | The sessions were evaluated on understanding of the topics prior to the presentation and after. The scale was as follows: 1 = do not understand, 2 = slight understanding, 3 = some understanding, 4 = good understanding, and 5 = understand it very well. Overall, the sessions received an evaluation of 4 (good understanding) as a result of attending the conference. Participants were asked what actions they plan to take with the information they learned. The actions listed included: begin, review, or change my estate & succession plan, follow markets for crop & livestock, visit with my crop, pasture, and livestock insurance agents, read materials, and share information with others. The percentage of survey respondents for each action are listed below.
- 58% plan to begin, review, or change my estate & succession plan
- 35% plan to follow markets for crop & livestock
- 29% plan to visit with my crop, pasture, and livestock insurance agents
- 80% plan to read materials
- 80% plan to share information with others. | When you support the University of Missouri Extension Women in Agriculture programs, farm women participating in educational activities become better decision makers and business partners; empowering them to respond to the challenges of farming and leading to increased farm profitability. Missouri citizens benefit from a more vibrant and sustainable rural economy and greater food security. |
**95th Annual Dallas County Soils and Crops Conference** - Each year, the conference is held with the mission of updating area farmers on timely topics that help improve the profitability of their farm, as well as to inform them of governmental happenings that may affect the farm community. Dr. Eric Bailey, MU Extension State Beef Nutrition Specialist, gave this year’s keynote address. He discussed the importance of nutrition and making the best use of the available forage resources in the eye of drought. Additionally, Terry Halleran, Agronomy Specialist discussed the importance of soil fertility to acceptable forage production.

**Fencing Law Workshop** - In March, The Dallas County Extension Center hosted a Fencing Law Workshop. The course was taught via a video conference by Joe Kennon, Ag Business Specialist and covered the aspects of MO’s fencing law. Nine participants attended the course.

**Beef Reproduction and Genetics Course** - Andy McCorkill and Patrick Davis held a one night course on using new technologies such as Genomic Testing and Artificial Insemination as data driven tools to improve the quality of Dallas County’s beef herd and the bottom line attendee’s beef operations.
FSMA PSA training
A team of MU and LU Extension produce and food safety specialists offered the Food Safety Modernization Act Produce Safety Alliance training course, which is one way to satisfy the FSMA Produce Safety Rule requirement outlined in § 112.22(c) that requires ‘At least one supervisor or responsible party for your farm must have successfully completed food safety training at least equivalent to that received under standardized curriculum recognized as adequate by the Food and Drug Administration.’ The training course targets fruit and vegetable growers and others interested in learning about produce safety, the Food Safety Modernization Act (FSMA) Produce Safety Rule, Good Agricultural Practices (GAPs), and co-management of natural resources and food safety. The training course included modules on Introduction to Produce Safety; Worker Health, Hygiene, and Training; Soil Amendments of animal Origin; Wildlife, Domesticated Animals, and Land Use; Agricultural Water Part 1: Production Water; Agricultural Water Part 2: Postharvest Water; Postharvest Handling and Sanitation; and How to Develop a Farm Food Safety Plan. Instructors included lead trainer Patrick Byers and trainers Robert Balek, Mary Sebade, and Jeff Owen. Twenty participants attended the training.
4H Beef Spin Club- Through most of the summer, we held weekly meetings of the group where we did hands on, practical, real world activities. We discussed common management practices such as weaning management, taking weights and frame scoring, Artificial Insemination, and some show ring technique as well. This course helps set the stage for educating the next generation of beef producers on best management and production practices.

Native Warm Season Grass Pasture Walk/Farm Tour- In July, Ron Locke, of Long Lane, hosted us for a tour of his warm season grass stands. MU Ag Specialists, NRCS staff and local SWCD personall discussed establishment, management, and utilization of native warm season grasses and Ron gave his perspective on how they have worked for him. The persistence of the native species stood out in the drought conditions. Around 50 were in attendance from all across the state.
DROUGHT! – 2018 was a rough year for livestock producers around the area. Lack of hay, standing grass and water, coupled with nitrate and prussic acid concerns were all major issues for most of the year. Andy McCorkill arranged and was in a short news piece on KY3 in mid-July, Contributed to a couple of articles published in regional farm papers and did a number of farm visits, phone conversations, and office visits helping farmers work through their options. Late fall rains helped the forage situation, but concern about the winter hay supply loomed over producers heads through year’s end. McCorkill spent a good bit of time on ration work through the fall and winter months, advising on making culling and other management decisions. Our team held several drought meetings around the area.
Amy Bartels, Field Specialist in Human Development & Family Science

2018 ACTIVITY REPORT

JANUARY:
• Stay Strong, Stay Healthy (Laclede County: Hughes Senior Center-7 participants)
• Stay Strong, Stay Healthy (Laclede County: Conway Senior Center-4 participants)
• Diabetes Self-Management (Laclede County: Jordan Valley-12 participants)
• Performance Nutrition (WC Region: 4-H Energizer-100 participants)

FEBRUARY:
• Healthy Eating on a Budget (Laclede County: TOPS, Conway-10 participants)
• Stay Strong, Stay Healthy (Camden County: Lake Ozark, 17 participants)
• Healthy Eating on a Budget (Camden County: Headstart, 8 participants)

MARCH:
• Diabetes Self-Management (Hickory County: 4 participants)
• Diabetes Self-Management (Dallas County: 5 participants)
• Cooking Matters at the Store (Waynesville, Pulaski County: 13 participants)

APRIL:
• Chronic Disease Self-Management (Camden county: Lake Ozark, 8 participants)
• Cooking Matters (Pulaski County: MOCA, 5 participants)
• Performance Nutrition-Hydration (Laclede County: 4-H group, 6 participants)

MAY:
• A Matter of Balance (Laclede County: Hughes Center, 13 participants)

JUNE:
• Cooking Matters at the Store (Camden County: 7 participants)
• Cooking Matters at the Store (Dallas County: 8 participants)
• Nutrition presentation (Camden County: youth, library, 10 participants)

JULY:
• Senior Day at the Fair (Laclede County: 100 participants)
• Performance Nutrition-Hydration (Camden County: Camdenton HS, 100 participants)

AUGUST:
• A Matter of Balance (Camden County: 14 participants)
• Diabetes Self-Management (Miller County: 12 participants)

SEPTEMBER:
• A Matter of Balance (Camden County: 13 participants)
• Taking Care of You (Greene County: MO Lagers Assoc, 50 participants)
• Food Preservation (Boone County: Tomato Festival, 30 participants)

OCTOBER:
• Osage Beach Fall Festival (Camden County: 100 participants)
• Child Care Training (Camden County: 10 participants)

NOVEMBER:
• Boost Your Brain and Memory (Camden County: 10 participants)
• Boost Your Brain and Memory (Camden County: 12 participants)
• Youth Mental Health First Aid (Boone County: 20 participants)
• Alzheimer’s 101 (Laclede County: Hughes Senior Center, 4 participants)
• Alzheimer’s 101 (Laclede County: Conway Senior Center, 18 participants)
• Alzheimer’s 101 (Hickory County: 15 participants)
Matter of Balance
A Matter of Balance is an award-winning program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program is taught by University of Missouri Extension Specialists and a trained community partner, and consists of eight, two-hour sessions. The sessions help participants learn how to view falls and the fear of falling as something controllable. There will also be information on how to set realistic goals for increasing activity, as well as how to change their environment to reduce fall risk factors. In general, the program promotes exercise to increase strength and balance to help reduce the risk of falls in older adults. The class was held at the Engel’s Senior Center with 6 participants.

Food Demonstrations
Food Demonstrations were done at Greasy Creek in conjunction with their Spring 1880’s day and Fall Festival. Food demonstrations are an effective way to show people how easy it is to get their 5 A Day. Most people like to get new ideas for recipes and meals. The Spring event focused on preparing Blueberry Bonanza. Blueberries were processed into jelly and butter to show the audience proper home food preservation techniques. The Fall event focused on using pumpkin and sweet potatoes. Pumpkin pancakes, and Sweet Potato Chili were created, and then shared with participants Approximately 100 people walked through the event to sample the food demo.
Commissioners

Roger Bradley, Kevin Sharpe, Jerry Brown

Special acknowledgement and appreciation is given to the Dallas County Commission for financial assistance, office space and their personal support.

Dallas County Extension Council 2018

John Crawford
Dee Dugan
John Freeman
Jim Hamilton
Norma Hutchinson
Shawna Moriarty
Jen Portis
Rachel Badgett