

UNIVERSITY OF MISSOURI EXTENSION

Franklin County 2024 Annual Report

SERVE MISSOURI.

DELIVER MIZZOU. 100 Union Plaza Drive Union, MO 63084 636-583-5141 ☑ franklinco@missouri.edu @ www.extension.Missouri.edu/counties/franklin



an equal opportunity/ADA institution



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,

Chal Hips

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

Who we are

Faculty and staff

Matt Herring East Central Regional Director

Kendra Graham Extension Engagement Specialist

Brianna Anderson Human Development Specialist

Tanner Adkins 4-H Youth Development Specialist

Julie Hilkerbaumer 4-H Youth Program Associate

Russell Knobeloch Nutrition Program Manager

Cheri Kramme Nutrition Education Associate

Rachel O'Halloran Nutrition and Health Specialist

Emily Poncher Community Health Specialist

Marsha Parsons Office Administrator / Bookkeeper

Kay Hilkerbaumer Office Support

Charles Ellis Agricultural Engineering Specialist

Michael Graham Livestock Specialist

Rachel Hopkins Agriculture Business Specialist

Kate Kammler Horticulture Specialist

Rusty Lee Agronomy Specialist

Billy McCaslin Forestry Management Educator

Brian Schweiss Sustainable Forestry Specialist

Council members

Janet Hubbard, Chairman Bob Buxton, Vice-chairman Katherine Post, Secretary Josh Roehrs, Treasurer Elizabeth Belew Stacey Binder Steve Campbell Jen Davis Amy Elbert Kyle Gildehaus Adam Hecht Sharon Helling **Doris Koch Renee Lane** Ty May Clayton McDaniel **Kesha Nichols** Tara Schreit Jared Stubblefield Lisa Weirich Dave Hinson, Appointed Member / Commissioner



Gary Sieve, Appointed Member / City of Union



Budget and more

Appropriations budget

Income	
County Appropriations	150,000.00
Expenses	
Salaries and Benefits	94,208.12
Payroll Expenses	12,107.41
Non-Payroll Salaries	2,578.40
Travel	5,898.67
Postage	316.22
Phone Services	5,189.72
Rent/Lease Space (meeting rooms)	17,275.00
Supplies and Services	7,498.93
Professional Services	980.00
Utilities	4,249.00
Insurance	2,823.75
Repairs/Maintenance	1,150.28
Total Expenses	154,275.50



400 E. Locust Street Union, MO 63084 636-583-6358 www.franklinmo.org

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



Local Support

Did you know you can donate directly to Franklin 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.

4-H members gathering at the Historic County Courthouse for the proclamation honoring National 4-H Week.



UM System Footprint in the county in 2024



FY24 county students

782 students

- 679 Undergraduates
- 103 Graduate and professional students
- 585 Full-time students
- 197 Part-time students
- 162 Pell grant recipients (aid year 2024)

County employees and retirees

87 people employed by UM

- 68 Campuses
- 19 MU Health Care (includes additional employees gained via the recent integration of Capital Region Medical Center)

30 UM retirees and beneficiaries UM salary and retirement income: \$3.5 million

UM state tax revenue: \$86,686 UM federal tax revenue: \$427,801

County alumni

Selected school alumni

- 69 Medicine
- 262 Nursing
- 181 Health Professions
- 36 Dentistry
- 21 Pharmacy
- 15 Optometry
- 48 Veterinary Medicine
- 402 Agriculture
- 838 Engineering
- 68 law

Alumni teaching K-12

- 210 teachers
- 17.4% of all district teachers
- 14 principals and administrators
- 18.9% of all district principals and administrators

County breakdown

MU

- 378 students
- 2,126 alumni
- 38 employees

UMKC

- 35 students
- 171 alumni
- 1 employee

Missouri S&T

- 157 students
- 881 alumni
- 16 employees

UMSL

- 212 students
- 1,580 alumni
- 13 employees



 \$1.1 million remitted to 4 county vendors, for 13 projects



County properties and offices

MU Extension in: Franklin County



County population: 105,316



County services provided

Health care (FY24)

- 574 in-state patients seen at MU Health Care, with \$128,632 of uncompensated care
- 13 in-state patients seen at UMSL Center for Eye Care with a statewide average of \$32.18 per patient in uncompensated care
- 13 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 170 visits to 98 patients having ZIP codes associated with the county

Extension (2023)

- 2,696 Total educational contacts from MU Extension to residents of the county, including:
- 369 contacts related to productive farming, better gardening, and managing natural resources
- 1,903 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 165 contacts related to starting businesses, developing community leaders, or renewing the local economy

Data last updated 12/20/2024

Page 1 of 2



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.



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

MU		UMKC		
28,608 students receiving financial aid	\$583.6M	11,518 students receiving financial aid	\$228.5M	
Missouri S&T		UMSL		
6,720	\$127.7M	8,256	\$107.8M	

students receiving financial aid awarded financial aid

8,256 students receiving financial aid awarded financial aid



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





Data last updated 12/20/2024

www.umsystem.edu

Page 2 of 2

2024 MU Extension Reach Report Franklin County



The MU Extension offers programs in **four key areas** to support communities across the state:

- **4-H** empowers youth with hands-on learning experiences that build essential leadership, citizenship, and life skills, ensuring they are prepared for success in school, careers, and life.
- **Agriculture and Environment** focuses on producing food and increasing profits while sustaining farms and natural resource management.
- **Business and Communities** builds ecosystems that support local workforce growth, business development, and thriving communities.
- **Health and Human Sciences** promotes wellness and educates Missouri citizens and decision-makers to improve the quality of life for individuals and families.

Each area is designed to address local needs and strengthen Missouri's communities.



Agriculture and Environment

369 Contacts

101 Animal Health & Production Contacts268 Plant Production & Technology Contacts



4-H Youth Development

2,472 Youth Participants 688 Community Club Members 18 Charted Clubs 243 Volunteers



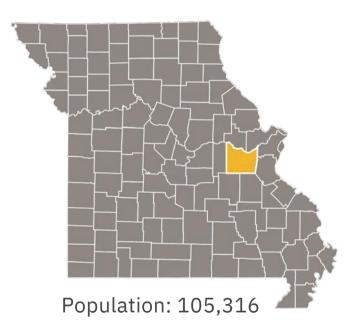
Health and Human Sciences

7,497 Contacts 1,903 Nutrition & Health Contacts



Business and Community

165 Contacts165 Business Development Contacts





First Responder Education

Fire Rescue Training Institute (FRTI) 214 Number of Students



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs

Missouri 4-H for ages 8 - 18



Community clubs are

organized by volunteer club leaders and teams of recognized volunteers. Members attend club meetings, elect officers, enroll in projects and plan learning and community service activities. Some clubs opt to be single-project clubs, where all members focus on the same project.





Missouri 4-H Agriculture and STEM programs

employ hands-on activities that foster problemsolving, creativity, critical thinking and exploration in engineering and technology. Agriculture programming emphasizes biology, environmental science, agri-science, veterinary science and engaging activities such as animal care and agronomy. STEM programs delve into computer science, robotics, aerospace, physics, chemistry and veterinary science.





4-H Natural Resources programs employ hands-on activities in climate science, environmental sustainability, renewable energy, sportfishing and wildlife conservation. The **Shooting Sports program,** which teaches marksmanship, safe firearm use, hunting and archery principles, is a prime illustration of how 4-H programs promote holistic youth development and responsible citizenship. Supported by caring adult leaders, these programs offer opportunities to cultivate life skills, self-worth and conservation ethics.



Legend





Economic Opportunity



Educational Access & Excellence



Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible programs

Missouri 4-H for ages 8 – 18

A community of 2,503 4-H Youth in Franklin County learned life skills, contributed to their community, and participated in college and career readiness programs. Findings from a 2022 evaluation study reveals that Missouri 4-H do the following.

Missouri 4-H Inspires Kids to Do

98% said they are willing to work hard on something difficult.91% set personal goals.97% said they try to learn from their mistakes.98% said they treat others the way they want to be treated.

Missouri 4-H Grows True Leaders

97% said they like to learn about people who are different from them.93% said they think about others feelings before they say something.75% reported feeling comfortable being a leader.

4-H Builds Leadership and Communication Skills

95% help others reach their goals.
86% comfortable speaking in a group.
99% said they show respect for other's ideas.
85% Can work with someone who made them upset.
95% Look for ways to involve all members of a group.

4-H Builds Social and Emotional Skills

94% said they keep trying until they reach their goals.
89% Stop to think about their choices, when making a decision.
97% reported that they like to learn new things.
91% of Missouri 4-H'ers surveyed said they are willing to try something they might get wrong.

Career Readiness

- o 75% said 4-H Helped me decide what I will do after high school.
- o 96% said 4-H has given me skills that will be helpful after high school.
- o 86% said I know what I want to do after high school.

4-H 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).

Legend





Economic Opportunity



Educational Access & Excellence



Health & Well-Being

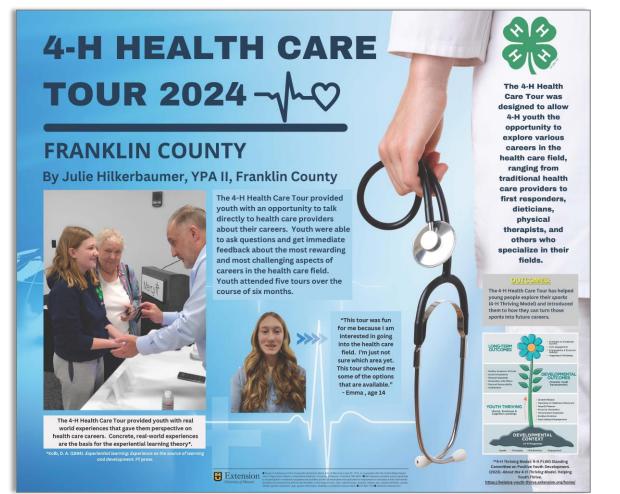




Missouri 4-H

Local Impact

A total of 688 youth participated in Franklin County 4-H clubs. Franklin 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 members are supported by 243 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 \$33.49 per hour (Independent Sector, 2024), the contribution of Franklin County 4-H volunteers was worth more than \$813,807 in 2024. More importantly, these individuals serve as role models and mentors for youth.



4-H Health Care Tour provided youth with real world experiences that gave them perspectives on careers within the health care profession. Concrete, real-world experiences are the basis of experiential learning theory (Kolb, 1984). 4-H member Emma shared, "This tour was fun for me because I am interested in going into the health care field. I'm just not sure which area yet. This tour showed me some of the options that are available." Outcomes from young people participating in Health Care Tour included finding their sparks and how to connect those sparks to a future career in the local community.

Kolb, D. A. (1984), Experiential learning: Experience as the source of learning and development. FT press.



Missouri 4-H

Profiles and Stories



Project Variety

4-H offers over 100 different focus areas members can be involved in. From traditional livestock production to advanced fields in aerospace, 4-H has something for everyone! The variety of projects members participate in can be seen at the local and state fairs, and even in your local forest! The AuBuchon family took their breads project to the next level. Not only learning how to prepare, bake and package their product, but also develop their business skills selling their bread at local farmers markets.



School Partnerships Through SNAC 4-H In-School Partnerships bring 4-H staff to local schools during daytime hours to supplement existing school and learning programs. Students learn through hands-on activities with 4-H staff. Pictured above, 4-H Student Nutrition Advisory Council (SNAC) participants at Franklin County R-2 are making fat-free cupcakes for teacher retirement celebrations. Forty students participated in the 4-H SNAC program in 2024.

Agriculture Excellence From the Start

A corner stone of 4-H is agriculture and livestock production. 4-H members start learning at an early age about food and fiber from agriculture. The rabbit project is a perfect example of how a livestock animal provides fiber for human material production, but also a reliable protein source. Livestock projects teach youth responsibility, life skills, confidence and social skills.





Missouri 4-H

Profiles and Stories





GROWS

Franklin County

Missouri 4-H

Profiles and Stories





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Agriculture and Environment**



Missouri Grazing Schools teach management-intensive grazing by dividing large fields into smaller paddocks and systematically rotating livestock among them. Producers who attend the grazing schools learn how to reduce costs through improved livestock grazing and pasture management while getting insights into fencing, watering systems and grazing system design.

The annual impact of management-intensive grazing is estimated to be **\$125 MILLION** per year in Missouri.



The Missouri Integrated Pest Management Program (IPM), funded by USDA grants, has been an important extension program for more than 30 years. Mizzou IPM distributes articles, pest monitoring data and publications on how to improve the application of integrated pest management strategies and systems in crops. In addition, the new Soybean Growth Monitoring Report is released through IPM every two weeks during the growing season.

The MU Soil Testing Program delivers research-based nutrient and lime recommendations to more than 32,500 customers annually.



The Missouri Show-Me-Select Replacement Heifer Program

strives to enhance beef herd reproductive efficiency, boost farm income and establish dependable sources of quality replacement cows in Missouri. The program brings in the power of animal genomics through an enhanced DNA-option, Show-Me-PLUS.



Since its inception more than 900 FARMS have enrolled, with an estimated statewide impact of \$200 MILLION.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Agriculture and Environment

Profiles and Stories



Teaching about pumpkins, squash, and gourds at the State Women in Ag Conference.

KEY SUCCESSES

- Participants in pesticide safety programs increase their knowledge on pesticide handling, safety, restricted use, disposal, contamination, understanding labels, and guides.
- Plant identification can help determine edibility, control strategies, and possible issues for animals and people.
- Youth and adults learned about pest versus beneficial insects, and how to identify common insects by playing bug bingo.
- Participants in the hydroponic workshop learned basic terms, hydroponic systems, problem solving, and growing.
- Many soil tests results have excess phosphorus and potassium. Provide clients education on "loving" their plants to death—soil tests save clients money and the environment by not over applying fertilizers, manures, composts, & organic matter.

2024 HORTICULTURE AT A GLANCE

- 1,961 direct contacts through programming where participants are actively engaged in the learning process. Programs included home vegetable gardening, commercial organic specialty crop production, Garden Hour with MU Extension, bug bingo, plant diseases, pumpkin production, weed control, and many more.
- 610 requests for horticulture information through calls, emails, walk-ins or site visits from 28 counties and 4 states.
- **2,310+** subscribers to the monthly Garden Spade newsletter with a **5%** increase in subscriptions during 2024. Topics include insects, weeds, landscape plants, trees, fruit, vegetables and much more.
- **36,700+** views of horticulture MU IPM YouTube videos for commercial producers.



Bug Bingo is a fun way for youth and adults to learn insect identification, pests vs. beneficial insects.

Agriculture and Environment

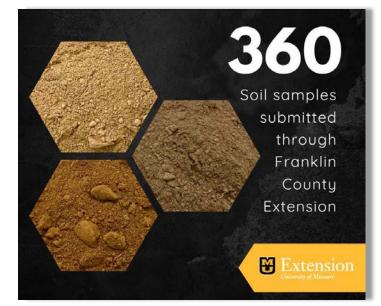
Profiles and Stories

Soil Testing

The Franklin County Extension office submitted 360 soil samples to the MU Soil & Plant Testing Laboratory for analysis during 2024. Samples included:

- Lawn & Garden
- Pasture & Hay
- Field Crops
- Food Plots

The soil lab analyzes the soil for nutrient content and fertility status as well as provides recommendations for fertilizer and lime application rates.



Soil testing plays a critical role in helping local farmers make effective use of fertilizer to increase yields. In addition, more efficient use of fertilizers also aids in improving the environment and water quality.





A few of the many plant samples clients submitted to the office for diagnosis.

<u>Left</u>: Tomato plant affected by pesticide drift

<u>Right</u>: St. John's Wort diagnosed with Amilaria Root Rot



Soil and Plant Testing Laboratory University of Missouri Extension



Rachel Hopkins Ag Business Specialist 573-438-2671 hopkinsrm@umsystem.edu

Franklin County

Agricultural Business

Covering Franklin, Gasconade, Osage, Maries, Miller, Pulaski, Phelps, Dent, Crawford, Washington, St. Francois and Ste. Genevieve Counties

2024 AT A GLANCE

- 757 direct contacts in Beef Production Systems.
- 42 Lenders attended 'What Lenders Need to Know in 2025' in Jefferson City. Lenders heard from presenters discussing Market Outlooks, Policy Updates, MASBDA and Farmland Values and Rental Rates.
- 115 attendees at the Farm Tax Workshops held in December, both in-person and online. Rachel presented on Conservation Tax Implications for this workshop.
- **97** mid-Missouri farmers and ranchers attended the Central Missouri Forage & Beef Conference in Maries County.
- 22 local producers attended the Wurdack Producer Field Day in October to hear about local applicable topics.
- **6** attendees at the Succession Planning in Ste. Genevieve.
- 66 producers attended three Grazing Schools where Financial Aspects of Grazing were taught.



The cannulated bovine is always a memorable time with the FFA students.

1678 DIRECT CONTACTS 3447 INDIRECT CONTACTS



Producer Field Day at Wurdack is a great way to reach local producers. The topic this year was the financial aspects of Native Grass.

KEY SUCCESSES

- Monthly emails out to subscribers letting them know of upcoming Extension programs in the region.
- Presented at the Missouri Livestock
 Symposium on the Beef Feeding Profitability Tool, G462.
- Rural Safety Day educates 3rd graders in Washington County of hazards they might encounter and thus preventing traumatic injuries.
- Tax Workshops educate participants on timely tax issues and how they can better manage tax liability.
- Wurdack FFA Day provides a learning opportunity for 9th graders on different fields in agriculture and exposes them to new ideas and concepts.



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Business and Community**



The annual Connecting Entrepreneurial

Communities conference is designed for stakeholders, economic developers, businesses, local government, educators and nonprofits interested in increasing their communities' potential for entrepreneurship. In 2023, the conference offered breakout sessions in Benton County's shops and businesses, providing firsthand insight into the world of entrepreneurial communities.

The 2023 conference drew 104 ATTENDEES, generating an estimated initial economic impact of around \$33,000 FOR BENTON COUNTY.



Missourians from all walks of life celebrated the **2023 Missouri Good Neighbor Week,** Sept. 28 to Oct. 4, by completing and reporting neighboring acts and nominating others as the most engaged neighbors in their counties.

In 2023, the goal was to document 15,000 acts of neighboring. That goal was surpassed with 19,752 Missourians being positively affected during MISSOURI GOOD NEIGHBOR WEEK.



The **APEX Accelerators** (formerly known as Procurement Technical Assistance Centers) were created in 1984 by the Department of Defense to help businesses navigate the government marketplace. Since 1989, MU Extension has hosted the Missouri APEX Accelerator as a business development partner program. The mission of the program helps businesses learn how to expand their market by selling goods and services to local, state and federal government entities.

From Aug. 1, 2022, to July 31, 2023, the Missouri APEX Accelerators reported over 900 NEW CLIENTS, 4,700 COUNSELING HOURS and OVER 10,000 CONTRACTS AWARDED.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Business and Community

Local Impact

Extension Tax Schools

University of Missouri Extension ag economics department and ag business specialists worked together to coordinate one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and one online school. The schools were designed for those who prepare taxes including enrolled agents, tax preparers, CPAs, individuals, and attorneys.

The training included updates on legislation, rulings and cases, individual taxpayer issues, agricultural and natural resources topics, ethics, trusts and estates, agriculture and natural resource tax issues, business tax issues, business entity tax issues, IRS issues, related party issues, real estate rental activity issues, limited liability company issues, and international tax issues. The schools were approved for 8 and 16 hours of continuing education credit by the IRS, Missouri Bar and for CFP continuing education. Total continuing education hours reported to IRS for the schools was 3,776 hours.

The teaching teams included CPAs, a former IRS stakeholder liaison, an IRS certified retired ag economics professor, an attorney, a certified financial planner, Missouri Department of Revenue and extension ag business specialists.

The evaluations had many positive comments and helpful suggestions. Planning is underway to offer trainings in 2025. Local county residents benefit when local tax preparers have the opportunity to gain knowledge, which benefits their clients and communities. The tax schools are a program of the ag business and policy program of MU Extension, coordinated by Mary Sobba with help from a team of ag business specialists throughout the state.

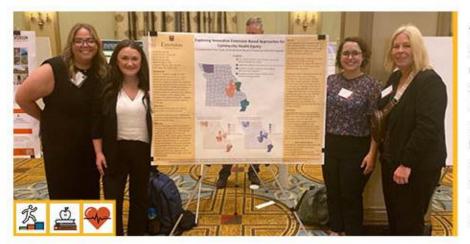
The resources for the schools included the IRS, the National Income Tax Workbook from the Land Grant University Tax Education Foundation, and materials written by the instructors.

The 2024 school attendance totaled 350 people. The participants were from throughout Missouri.





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Community and Professional Health Education**



The Missouri Research-Extension (MO-RE) Protocol emphasizes the role of Community Health Field Specialists in transforming health and well-being across the state. Following a comprehensive county health needs assessment, each specialist is sharing their findings with partners, stakeholders and organizations in their regions to address the identified priorities.



Rural Immersion Program is an opportunity for medical students interested in rural practice to gain experience in the rewards and challenges of working and living in a rural community, examining rural health disparities and quality of life concerns within a specific region. Group activities and meetings with community leaders in business, government, education, health care and natural resources give students a preview of life in a rural area. The 2024 program was hosted by Union, Mo. and the 2025 host city will be Hayti, Mo.

All of the 2024 participants agreed that the Rural Immersion Program significantly contributed to them **FORMING INSIGHTS** on the suitability of living and working in a rural community, both personally and professionally.



Resilience is the capacity to adapt when faced with adversity. **WeCanPROSPER Resilience Training** is a 2.5 hour training for participants to evaluate their personal resilience, tap into resources and create an action plan to enhance their resilience. Upon completing the training, participants can attend a facilitator session, enabling them to deliver the content within their communities and strengthen resilience within their networks.

100% of participants indicate that the skills and techniques they learned will help them become **MORE RESILIENT.**

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Community and Professional Health Education

Local Impact

Emily Poncher – Community Health Specialist

emilyponcher@missouri.edu Serving Crawford, Dent, Franklin, Gasconade, Maries, Montgomery, and Phelps Counties

2024 AT A GLANCE

Hello all! 2024 was an eventful year for myself as a Community Health Specialist, as well as the Community Health Engagement and Outreach team. The year was filled with many successes and growth within the communities we serve across the state.

- I completed a Community Health Needs Assessment for the seven counties I cover. This included a Community Voice Survey, in which I collected 87 responses from community members living and working within these seven counties.
- Upon the completion of the Missouri Research-Extension (MO-RE) program with Dr. Julie Kapp, I identified health priority areas in which I will focus my work as a specialist. These priorities fall into three categories: a chronic disease, an emerging disease, and a cancer.

Chronic Disease: Heart Disease *Emerging Disease:* Substance Use Disorder *Cancer:* Lung Cancer

 In the fall, the Community Health Engagement and Outreach department aligned with Health and Human Sciences. I am eager to use this opportunity to collaborate more closely with my Nutrition and Health and Human Development and Family Sciences counterparts.



Presenting our research poster at the National Health Outreach Conference in SC

KEY SUCCESSES

- Planned and implemented the 2024 Rural Immersion program in Union, MO for 19 health professional students from across the state
- Facilitated 5 "WeCanProsper Resilience Trainings" to over 40 participants region-wide
- Presented a research poster, "Exploring Innovative Extension-Based Approaches for Community Health Equity: A Comparative Case Study of the Missouri Research-Extension (MO-RE) Program," at the National Health Outreach Conference in Greenville, South Carolina with 3 fellow Community Health Specialists
- Shared cancer screening and prevention information with over 700 participants at the Sista Strut breast cancer walk in St. Louis
- Presented needs assessment findings to several internal and external stakeholders, including Franklin County Service Providers group, to leverage partnerships and resources

Community and Professional Health Education

Profiles and Stories

In June 2024, 19 students from around the state participated in the Rural Immersion program here in Union. The program is a partnership between MU Extension and the MU School of Medicine that aims to give future health professionals a taste of living and working in rural communities. The participants toured local businesses including Union Ambulance and Riegel Dairy.





"Throughout the week in Union, all the health care workers and business leaders we met were so easy to talk to, and you could see the appreciation for their local community. Overall, this was an incredible experience, and I'm so fortunate that MU provides real-life opportunities like this."

"A line I took away from our guest speakers and panel discussions was 'the growth and survival of a rural community is only as good as the health of its people,' and that was something I observed throughout our trip. It would be a privilege one day to work in a rural community, and this opportunity was truly a fruitful experience."



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Health and Human Sciences**



Divorcing or separating parents encounter distinct challenges when living apart. **Focus on Kids** guides parents in fostering effective co-parenting strategies to support their children through this process.

"Understanding that divorce doesn't ruin children, but parents can significantly influence positive outcomes through good communication, was invaluable."



Home Food Preservation

Preserve the season's bounty - deliciously and safely.

Learn safe techniques for pressure canning, boiling water bath canning, steam canning, dehydration and freezing.

Understand the importance of using safe preservation and storage methods to avoid cross-contamination and foodborne illnesses.

"This course made me more self-sufficient and improved my family's access to quality food."



Mental Health First Aid equips people to recognize and respond to signs of mental illness and substance use challenges.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people (ages 12-17) facing mental health or addition challenges while the adult version focuses on adults aged 18 and older. Participants learn how to offer initial assistance and guide individuals toward the care they need.

In Missouri, approximately **1MILLION ADULTS** and **72,000 ADOLESCENTS** suffer from **MENTAL HEALTH ISSUES.***

*Missouri Department of Mental Health 2020 Status Report

Z

Legend

Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Health and Human Sciences

Local Impact

One of several success stories thanks to Cheri's hard work and dedication.

A lady at the food pantry in Washington Mo came to my table and asked what I was all about. I showed her the recipes, the items I had brought and discussed the MyPlate and SNAP-Ed.

She asked me if I thought she would qualify, and I told her that we wouldn't know unless we tried. She then went on to tell me that she just moved here to be closer to her son. She grew up and lived in Southern Missouri for most of her life. A week after she moved here, her only remaining child, died of a heart attack. She stated she was feeling very lonely. At that point I told her where my office was and gave her my business card and that if she needed anything or had questions to let me know. I let her know all the awesome resources the University of Missouri Extension offers.

A couple of weeks later, I was told that I had a visitor at my office. I went to the front to greet my visitor, and it was the lady from the Food pantry. She said "Cheri, I wanted you to know that I have been approved for food stamps and I feel like I can breathe easier". She went on to tell

me that she felt so alone in Franklin County, and she was thankful that her first friend was me. We visited for a few minutes, and she was on her way. When I see her at the pantry, she always greets me with a hug, and she is now attending events at the local senior center to meet friends.

Just listening and helping can be so important to our work.



Cheri Kramme Nutrition Program Associate Franklin County MU Extension





Health and Human Sciences

Local Impact

Expanded Food and Nutrition Education Program 4-H Student Nutrition Advisory Council (SNAC)

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. <u>40</u> of these youth participants reside in Franklin 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.



Cheri Kramme, MU Extension Nutrition Program, sharing some nutrition fun at East Central College's Learning Day held in November 2024.

ECC's Teacher Education program partnered with Central Methodist College, Scenic Regional Library, and MU Extension to offer an engaging, hands-on learning day for St. Clair elementary students during a district professional development day.



Health and Human Sciences

Local Impact

2024 SNAP-Ed Annual Report for Franklin County

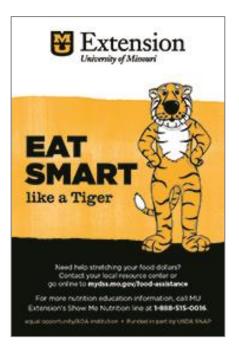
The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,145,237 in federal funds to Missouri. The funds support engagement with 74,864 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active 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. There were 1,766 direct and indirect contacts were made in Franklin 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. Nutrition Program Associate who served Franklin County in 2024.



Cheri Kramme, MU Extension Food Nutrition Program, visiting Scenic Regional Library sharing SNAP information.



Health and Human Sciences

Profiles and Stories

Franklin County Focus On Kids

Parents who are divorcing or separating face unique challenges in parenting their children while living apart. The purpose of the Focus on Kids (FOK) program is to help parents learn how to nurture and support their children through the divorce/separation process, and to help parents develop ways to effectively work together as co-parents.

According to the CDC, the 2022 Missouri divorce rate was 2.7 divorces per 1,000 inhabitants which exceeds the national average of 2.4 per 1,000 inhabitants. Missouri requires divorcing/separating parents of minor-age children to participate in a parent education program. In the 20th Circuit (Franklin, Gasconade, & Osage Counties), MU Extension's Focus on Kids program is the agreed upon class.

During 2024, Franklin County held 29 in-person Focus on Kids classes serving a total of 255 participants. The classes served participants from here in Franklin County as well as 12 other Missouri counties and had 2 out of state participants.



Health and Human Sciences

Local Impact



The Chronic Disease Self-Management program was hosted at the Union Community Center. It was sponsored in partnership with the USDA SNAP-Ed program, the Mid-America Council on Aging, and the Missouri Department of Health and Senior Services.

10 participants



Chronic Disease Self-Management

programs offer evidence-based information for individuals and their caregivers to boost self-confidence in managing symptoms, enhancing quality of life and even reducing health care expenses.

These programs have undergone rigorous evaluation and are proven to be effective tools for individuals dealing with chronic conditions like arthritis, fibromyalgia, depression and diabetes.



Participant quotes:

• My goal is to lose some weight. I've been working on it and already lost 7 lbs. since the class started and keeping up with my walking has really helped.

• My goal is to stop eating so much candy. I've got this drawer that I keep a lot of candy in and I just need to get rid of it. I need to go in and get rid of it all. And that's going to be my action plan.

Health and Human Sciences

Local Impact



Home Food Preservation

Preserve the season's bounty – deliciously and safely. Learn safe techniques for pressure canning, boiling water bath canning, steam canning, dehydration, and freezing. Understand the importance of using safe preservation and storage methods to avoid cross-contamination and foodborne illnesses.

"This course made me more self-sufficient and improved my family's access to quality food."

Four food preservation workshops were hosted in 2024. Two were hosted for Franklin County 4-H members. Another was hosted for the Scenic Regional Library Pacific branch. The fourth was hosted for the Scenic Regional Library St. Clair branch. Programs included: jams, dehydration, pressure canning, and freezing home prepared foods.





After the programs:

85% of participants were confident in their knowledge of safe home food preservation practices.

94% of participants were confident in their ability to follow safe home food preservation practices.

91% of participants were confident in their knowledge of where to go for safe, research-tested recipes for preserving food at home.

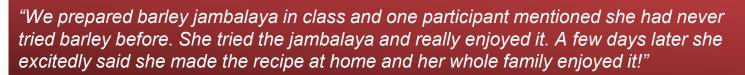
Health and Human Sciences

Local Impact

Cooking Matters

Make Quick, tasty, and affordable meals everyone will enjoy.

Learn valuable tips for stretching your food dollars and how to prepare a recipe and sample easy, low-cost, nutritious and delicious dishes.





The programs were hosted at the Franklin / Jefferson Community Action Center in St. Clair, Missouri and the Life's River housing assistance center of Washington, MO. This program is sponsored by the USDA SNAP-Ed grant.





Participant quotes:

"I have learned more about comparing labels and to watch sugar and sodium content."

"it improved my cooking skills and being able to stay in budget"





Health and Human Sciences

Local Impact



Policy, systems, and environmental changes

encourage residents to improve community health by making healthy choices easier and more accessible. Residents design strategies around local needs, assets, and interests.

The Missouri Senior Farmers Market Nutrition Program provided \$50 of benefit to 90 Franklin County residents in 2024. The benefit was spent on local vegetables, fruits, herbs, and honey. Seven market vendors participated, and two pop-up markets were held in senior communities.

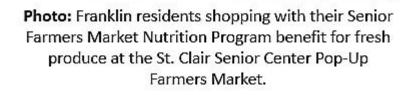


Participant quotes:

"I absolutely loved being able to get an abundance of fresh produce. I ate it all day long! It's been a great experience, thank you very much! Since moving to an all-senior apartment complex, I have told others about this program. They were happy to hear about it and plan to see you in May."

"I was very happy the St. Clair community center hosted a market this year. It was very convenient and close to home. Hope to see it several times over the next year, there!"





Health and Human Sciences

Local Impact



'Cooking for the Heart' was the focus of a presentation for the Washington Public Library. Participants learned new cooking techniques like poaching. For one attendee, this was a brand-new experience!

"Poaching is completely new to me. But I did it tonight, so I think I can do it again at home."

- Cooking for the Heart Participant



2024 Franklin County Century Farms

Century farms and ranches have shaped our nation and state. In every kitchen, behind every barn door, and in every soiled and calloused hand are stories of those who feed our nation. The Missouri Century Farm program celebrates the lasting contributions farmers and ranchers have made to our country and state's heritage.

The "Centennial Farm" project was initiated in Missouri in 1976 to award certificates to persons owning farms that had been in the same family for 100 years or more. Interest in the program continued so the College of Agriculture, Food and Natural Resources and University of Missouri Extension planned a 10-year update in 1986 called the "Century Farm" program. This program has been sustained as a yearly event with over 100 farms recognized each year.

In 2024, the Franklin County Extension was honored to recognize 11 Century Farms.

- Bolzenius Farm, Beaufort, MO Est. 1861 Owners: Nathan & Barb Bolzenius
- Borcherding Farm, New Haven, MO Est. 1902 Owners: Howard & Sandra Borcherding
- Brandt Farm, New Haven, MO Est. 1878 Owners: John L. Brandt & Joe R. Brandt
- Dierker Farm, Lonedell, MO Est. 1915 Owners: Warren E. & Janice Dierker
- Dierker Farm, Lonedell, MO Est. 1915 Owners: Keith A. & Karol L. Dierker
- Dierker Farm, Lonedell, MO Est. 1915 Owners: Richard & Carol Dierker
- Berghorn Farm, Washington, MO Est, 1906 Owners: Steve & Lori Helms and Ken Berghorn
- Marvel Farm, Berger, MO Est. 1860 Owners: Howard & Gladys Marvel
- Miesner Farm, Washington, MO Est. 1867 Owner: Leona Miesner
- Van Leer Farm, Beaufort, MO Est. 1866 Owners: John Walter Van Leer & Pamela Van Leer Klenke
- Meyer Farm, New Haven, MO Est. 1887 Owners: Catherine (Meyer) Schlatt, Anthony Francios Meyer, Barbara (Meyer) Noelke, Ruth (Meyer) Spaunhorst, John Andrew Meyer, Kendra (Meyer)
 McDonald, Tamra Meyer-Stahl, Nancy (Meyer) Kahn, John Bernard Meyer, & Don Paul Meyer

Missouri Century Farm John & Sophia Smithton

Family Farm Established 1908



Nick & Renee Roetheli

2024 Franklin County Missouri Farm Family



Nick and Renee Roetheli & family of New Haven were among the families honored during the 67th annual Missouri Farm Family Day, August 12th at the Missouri State Fair. The Roetheli family was selected as the Franklin County Missouri Farm Family by the University of Missouri Extension and the local Farm Bureau.

Nick & Renee, along with their children Lane & Alli, operate Haven View Farm where they run a SimAngus beef cattle operation. They raise cow/calf pairs, replacement heifers, bulls, and sell butcher beef to family, friends, and neighbors. Renee is a Franklin County 4-H alumni turned project leader. For the past 7 years, she has been a 4-H project leader for beef, bucket calf, poultry, and rabbits for the New Haven 4-H Club. The Roetheli's 4-H legacy continues with Lane and Alli. Both show cattle at local fairs and jackpot shows. With help from family, Alli is a local breeder for mini-Australian Shepherds and is also getting into the rabbit business. In addition to showing cattle, Lane has been an egg-provider for the Embryology Program in Franklin and surrounding counties for the past 2 years. In the spring, his eggs can be found in many of our local elementary schools as the students learn about the life cycle of baby chicks. Lane collects the eggs and candles them beforehand to ensure the development of healthy chicks.

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 extension programs such as 4-H or FFA. 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."*





Franklin County Master Gardeners

The Franklin County Master Gardeners promote and provide education and information on horticultural and environmental stewardship. They are involved in many community projects like the Washington Community Garden, the East Central roundabout, and the Demonstration Garden in Union. In 2024, the chapter had over 80 members and there continues to be a growing interest with new members joining every year. Members logged over 1,650 volunteer hours and over 250 educational hours in 2024.



Helping Franklin County Grow

Project Highlight: Washington Community Garden

The Franklin County Master Gardeners generously donate their weekly vegetable harvests from the Washington Community Garden to a local food pantry to help families struggling with food security. The food pantry is a wonderful resource for members of our community.



Washington Community Garden



More information about the Franklin County Master Gardener program can be found at: <u>https://fcmastergardeners.org/</u> <u>https://extension.missouri.edu/programs/extension-master-gardener</u>

Franklin County Master Naturalist

The Master Naturalist program is sponsored by the Missouri Department of Conservation and the MU Extension. Master Naturalist participants support conservation efforts and natural resource education in our community. The Miramiguoa Chapter serves the Franklin County area. Chapter projects include trail development, tree planting, removal of invasive species, presentations on natural resources, and much more.



"The mission of Missouri Master Naturalist is to engage Missourians in the stewardship of our state's natural resources through science-based education and volunteer community service."









More information about the Franklin County Master Naturalist program can be found at: <u>https://miramiguoa.missourimasternaturalist.org/Home</u> <u>https://extension.missouri.edu/programs/missouri-master-naturalist</u>





