



UNIVERSITY OF MISSOURI EXTENSION

# Gentry County

2021 ANNUAL REPORT



# Office of Extension and Engagement

*University of Missouri*

## **Vice Chancellor's Office**

108 Whitten Hall  
Columbia, MO 65211

PHONE 573-882-2394

EMAIL [StewartMars@missouri.edu](mailto:StewartMars@missouri.edu)

December 1, 2021

Dear county commissioners and friends of MU Extension and Engagement,

As we look forward to 2022, I want to take a moment to celebrate all that we have accomplished together this year. You, our closest partners, are key to improving Missourians' lives and opportunities.

You have been vital to the work that has already extended broadband access and workforce development strategies statewide. You have helped us connect with the right partners, working together toward meaningful outcomes that will help our communities thrive in our areas of greatest need around the economy, education and health.

During MU Extension and Engagement Week in October, we learned about some of the ways that MU's NextGen Precision Health Initiative will help Missouri improve statewide health care indicators from our current ranking of 38th in the nation to 25<sup>th</sup>.

COVID-19 has shown us that we must expand investment in our health care resources, knowledge and infrastructure. It has exposed the urgent need to make research and expertise available in communities and to empower individuals and providers to address every aspect of individuals' and communities' health needs — including the inequities of social determinants and their effects on people's health.

Our extension faculty is poised to help identify those needs and be the bridge to the health care providers and caregivers, the clinical trials and public health initiatives that can deliver improved healthcare access and outcomes in every county across our state.

I hope you see the impact of your hard work this past year throughout this county annual report. I thank you for your continuing support as we recommit ourselves to do what we do best: help communities thrive through civic engagement, community building and neighborliness. We look forward to continuing the programs, partnerships, and sharing of knowledge that foster kindness, caring, respect and deep connections in the year and decade to come.

Sincerely,

Marshall Stewart, EdD  
Vice Chancellor, MU Extension and Engagement  
Chief Engagement Officer, UM System

# Who we are

---

## Faculty and staff

### **Kaylie Walker**

County Engagement Specialist in Nutrition and Health Education

### **Shawn Deering**

Field Specialist in Livestock

### **Janet Sager**

Youth Program Associate

### **Teri Gardner**

County Support Staff

### **Jim Crawford**

Field Specialist in Agricultural Engineering

### **Penny Crawford**

Regional Coordinator for FNEP

### **Connie Griffith**

Nutrition Program Manager

### **Joe Lear**

Regional Director

### **Andy Luke**

Field Specialist in Agronomy

### **Jackie Spainhower**

County Engagement Specialist in Community Economic Development

### **Katie Pemberton**

Field Specialist in Human Development

### **Becky Simpson**

County Engagement Specialist in 4-H Youth Development

## Council members

Kendell Misemer, Chairman

Jim Grace, Vice-chairman

Kerry Paul, Secretary

Josh Parsons, Treasurer

Raymond Schmitz

Dr. Steve Nickell

Chris Allenbrand

Bernie Summa

Mackenzie Manring, City of Albany

Brian Noble, Farm Bureau

Mary Holcomb

## Gentry County

### University of Missouri Extension

1109 South Birch Street

Albany, MO 64402

Phone: 660.726.5610

[www.extension.missouri.edu/gentry](http://www.extension.missouri.edu/gentry)

**Office Hours:** Monday-Friday 8 a.m. to Noon  
12:30 p.m. to 4:30 p.m.



## County commissioners

Mike Sager, Presiding Commissioner

Randy Cline, First District

Gary Carlson, Second District

# Budget and more

## Appropriations budget

### Income

County Appropriations	32,916.66
Gifts/Grants/Interest	3,541.56
Resale Items, Services, Fees, Misc.	2,781.82
<b>Total Income</b>	<b>39,240.04</b>

### Expenses

Salaries/Benefits	16,150.40
Payroll Expenses	1,789.50
Travel	712.00
Communications	1,374.76
Rent/Lease Equipment	939.31
Office Supplies/Services	1,001.65
YPA Cost Share/4-H Expenses	6,003.08
Insurance/Surety Bond	310.60
Soil Tests, Publications, Misc.	1,902.74
<b>Total Expenses</b>	<b>30,184.04</b>
<b>Net Income</b>	<b>9,056.00</b>

## Key outcomes and numbers

(FY20)

- ✓ 849 Total educational contacts from MU Extension to residents of district counties, including:
- ✓ 43 contacts related to productive farming, better gardening, and managing natural resources
- ✓ 514 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- ✓ 292 contacts related to starting businesses, developing community leaders, or renewing the local economy

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



### Local Support

Did you know you can donate directly to Gentry 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.



# Educational Access & Excellence

## University of Missouri Feedlot School

University of Missouri Extension held its first Feedlot School on August 3 and 4, 2021. The school was held at the North Central Missouri College's Barton Agriculture Campus in Trenton, MO. Class size was limited to twenty-five participants and it filled to capacity and had a waiting list. The planning committee consisted of Dr. Eric Bailey, MU Extension Beef Nutrition Specialist, Jim Humphrey and Shawn Deering, MU Extension Field Specialists in Livestock, and Wesley Tucker, MU Field Specialist in Agricultural Business. Traditionally, many farmers finished cattle in Missouri, especially in the northern half of the state. However, as packing facilities and feedlots moved west most beef producers transitioned into selling calves as feeders. This dynamic is changing and more producers are interested in finishing cattle in the state again. It does make sense if you consider that we are the number three cow-calf state in the nation and have access to high quality feeder cattle. We also raise a great deal of corn and have access to ethanol by-product feeds. With new packing facilities opening in Missouri, marketing finished cattle in the state should be easier as well. Because of the aforementioned, the planning committee felt that a school of this type would be beneficial to Missouri beef producers.



Topics covered at the school included economics, financing, risk protection, nutrition, feed mixing, record keeping, health management, performance expectations, cattle handling, understanding grid marketing, feeding cull cows and included field trips to three different cattle feeding operations of different types and scale. The MU Thompson Farm was one of the on-farm visits and demonstrated a low-cost way to finish cattle using self-feeders. The two other stops included a hoop-barn feeding facility and a modified open front confinement system. Evaluations of the school were very positive and another school is planned for January 13 and 14, 2022.



# Educational Access & Excellence

## Creating Entrepreneurial Communities

In 2021, Jackie Spainhower served on the planning committee for the inaugural Creating Entrepreneurial Communities (CEC) Conference held September 29-30 in Hannibal. The CEC conference aims to create, connect, and promote community economic revitalization through entrepreneurship and will be hosted by a new entrepreneurial community each year. Gentry County residents participated in this year's conference.



## Neighborhood Leadership Academy

Jackie Spainhower helped facilitate the Northwest/Mid-Mo cohort of the second annual statewide offering of the Neighborhood Leadership Academy program. Seen below are the graduates from the cohort, with a local resident from Gentry County as a participant. NLA teaches individual leadership skills, along with basic community development principles.



## Farm Taxes

For the past few years, MU Extension has taught Farm Tax Workshops for farm businesses and families to include new legislation, tax changes, court cases, state tax issues and additional ag issues. The workshops are designed to convey information in a concise manner using information from the IRS and the Land Grant University Tax Education Foundation. The purpose of the classes is to get relevant and helpful information to farmers so they can make decisions and be better prepared to work with their professional tax preparer.

The workshops were a combination of in person classrooms and online classes, with a total of **147** participants, one of which were from Gentry County.

Farm tax education workshops for farmers are also taught across the state and benefit individuals by increasing their understanding and knowledge, leading to more informed decisions and management of taxes. This year, three Gentry County residents participated in the workshop.



## Health & Well-being

### Stay Strong, Stay Healthy – Level 1

Kaylie Walker taught two 8-week strength training programs that focused on strength, flexibility, and balance for older adults to help improve health and quality of life. This program was taught in the Spring and Fall at the Albany Community Center. A total of **16** Gentry County residents participated.

*“I am more flexible and I can go up the stairs easier.” – SSSH Participant*

*“I’m not as short of breath during activities as I was before.” – SSSH Participant*

### Performance Nutrition

Kaylie Walker taught this 6-module series that gives athletes, coaches and/or parents knowledge about hydration, pre-competition and post-competition nutrition, protein guidelines, supplements and the female athlete triad. Kaylie provided this program to Freshman students at the Albany R-III School District in the fall of 2021. **20** students participated in this program.



### Dining with Diabetes Pilot Program

Dining with Diabetes is a cooking class for adults with diabetes or pre-diabetes or anyone who cares for a person with diabetes. Through four weekly classes, this program helps participants build skills while learning proven strategies to better manage, prevent or delay complications related to diabetes. Kaylie Walker taught this as a pilot program during National Diabetes Month in November of 2021. There was a total of **5** participants. Some of the meals the participants made were baked pork chops with a Caesar salad and oatmeal cookies, BBQ chicken burgers with a side salad and fruit tarts, turkey chili with corn bread and dessert, and Mexican breakfast frittata with a yogurt parfait.

*“I now have a better understanding of portion sizes and have been using smaller portions at home.” – DWD Participant*

*“I have a better understanding of counting carbs and how to read food labels.” –DWD Participant*



## Health & Well-being

### Expanded Food and Nutrition Education Program - EFNEP

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,626,730 in federal funds to Missouri. These funds were used to enroll 796 limited-resource families in nutrition education and meal preparation classes, representing 2,847 family members. Additionally, 2,469 youth were enrolled in EFNEP classes.

**15** of these youth and adult participants reside in Gentry 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.



### Supplemental Nutrition Assistance Program Education – SNAP Ed

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$9,646,109 in federal funds to Missouri. The funds support engagement with 485,010 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri. There were 321,372 direct educational contacts. This year we had 1,383,799 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

**82** direct and indirect contacts were made in Gentry 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.

During 2021, 82 youth and adults were served through schools, community groups and agencies. The following is a list of the locations where participants were served in Gentry County: Virginia E. George Elementary



## County highlights

### Gentry County 4-H

Gentry County 4-H served **94** youth through their organized clubs. Each of the club members learned life skills such as decision making, public speaking and working with others. 4-H is learning by doing through the guidance of **28** volunteers who also learned by doing using virtual teaching for the 4-H projects. Many finished their projects and displayed them at the State Fair.



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 the average of 100 hours per year to the program. Valuing their time to the program would be well worth over \$100,000 for the forty plus volunteers here in Gentry County. More importantly, these individuals serve as role models and mentors for youth.

Gentry County 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). 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). 4-H also prepared 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 and new technologies that are being invented. The majority of members were engaged in science related projects.



## County highlights

### Art in Empty Storefronts

Haley Coyle, a Columbia-based artist who grew up in Albany, presented her work at Bookworm Bargains. The exhibition was on display in the windows of 205 W. Clay Street from June 28 – July 26, 2021.

Her exhibit, as part of the *Art in Storefronts* initiative, is a no-contact exhibition designed to connect art works with communities throughout the state while reinvigorating commercial spaces affected by the economic downturn. Coyle graduated from Mizzou with degrees in Graphic Design and Journalism, and now puts her Graphic Design degree to work as an artist working for 1canoe2 in Fulton, MO.

This exhibit was made possible by a University of Missouri program called Art on the Move (AOM) through the School of Visual Studies (SVS) in the College of Arts & Science. It provides real-life experiences for SVS students and alumni, providing hands-on professional career building opportunities by returning them to their Missouri hometowns or other Missouri communities to share their art and art careers.



This Art on the Move event was supported by a strategic partnership between MU's School of Visual Studies, University of Missouri Extension, and the Albany Alumni Association.

### Albany Square Farmers Market

Main Street Albany is a new non-profit organization in Gentry County whose mission is to revitalize the downtown area in Albany. Kaylie Walker worked with a committee to create the first farmers market Albany has seen for many years. The farmers market ran every Thursday from May through October. **39** vendors from the local area sold many fruits, vegetables, plants, baked goods, etc. The farmer's market is a great resource for fresh local food at affordable prices. Kaylie Walker hopes to continue working with Main Street Albany to make the farmers market bigger and better each year.





## County highlights

### Gentry County Council Food Drive

As part of the statewide Extension and Engagement Week Day of Service, the Gentry County Extension Council hosted a food drive the month of October. There were food collection locations in Albany, King City, and Stanberry. The food donated in each town would go to their own food pantry. The council advertised a list of needs each town needed at the pantries. The food drive resulted in over **200** items donated including soups, canned meat, hamburger helper, toiletries, etc.



### Ag Science and Exploration Day at Hundley Whaley

Shawn Deering spoke to over **650** area FFA students about the importance of ruminant animals in agriculture and how their digestive system makes them unique.

### Trunk or Treat

Kaylie Walker passed out applesauce pouches and fruit cups to **200** kids at the annual Trunk or Treat event hosted by the Library. Kids and their parents were very excited to see something different to pick from other than candy.



Janet Sager helping kids paint pumpkins at the Hundley Whaley Harvest Festival