



UNIVERSITY OF MISSOURI EXTENSION  
**Howard County**  
2020 ANNUAL REPORT

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# 2020 University of Missouri Extension in Howard County Annual Report

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MOBeef MOKids  
Delivery



Howard County Century Farm



Office of Extension  
and Engagement  
*University of Missouri*

**OFFICE OF THE VICE CHANCELLOR  
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December 1, 2020

Dear county commissioners and friends of MU Extension,

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

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

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

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

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

Sincerely,

Marshall Stewart, Ed.D.  
Vice Chancellor for Extension and Engagement

# Who we are

## Our Outstanding Staff



**[Christal Huber](#)**

COUNTY ENGAGEMENT SPECIALIST IN  
4-H YOUTH DEVELOPMENT / CES



**[Liz Harrison](#)**

FIELD SPECIALIST IN NUTRITION AND  
HEALTH EDUCATION



**[Heather Conrow](#)**

FIELD SPECIALIST IN  
LIVESTOCK



**[Katlynn Dobson](#)**

YOUTH PROGRAM  
ASSOCIATE



**[Marilyn Dilts](#)**

COUNTY OFFICE SUPPORT STAFF



**[Charles Holland](#)**

DIRECTOR OF FAMILY IMPACT CENTER



**[Christina Edholm](#)**

FIELD SPECIALIST IN HUMAN  
DEVELOPMENT



**[David Steffes](#)**

SBTDC CENTRAL REGIONAL  
DIRECTOR/COLUMBIA, MO



**[Jana Weitkemper](#)**

PTAC STATE DIRECTOR



**[Todd Lorenz](#)**

FIELD SPECIALIST IN AGRONOMY



**[Joseph Koenen](#)**

COUNTY ENGAGEMENT SPECIALIST  
IN AGRICULTURE AND  
ENVIRONMENT



**[Kathi Mecham](#)**

FIELD SPECIALIST IN HORTICULTURE



**[Kelly Dyer](#)**

BUSINESS DEVELOPMENT



**[Kent Shannon](#)**

PROF, AST TEACH



**[Kris Bockting](#)**

PTAC COUNSELOR



**[Letitia \(Tish\) Johnson](#)**

COUNTY ENGAGEMENT SPECIALIST IN  
COMMUNITY ECONOMIC  
DEVELOPMENT



**[Mark Christian](#)**

SMALL BUSINESS AND TECHNOLOGY  
DEVELOPMENT CENTER BUSINESS  
SPECIALIST

# Who we are

## Extension Council

Bridgett Bonecutter Chair  
Logan Chrislaw  
Sarah Dickerson  
Cassandra Frink  
Amanda Hutson  
Paige Kircher  
Christy Martin Treasurer  
Mindy Nation Vice Chair  
Amber Vroman Secretary  
Wesley Wells  
Richard Conrow County Commissioner  
Chris Rohlfig Farm Bureau  
Caleb Walker MFA



Keller Building

## County Commissioners

### **PRESIDING COMMISSIONER**

JEREMIAH JOHNMEYER

### **ASSOCIATE COMMISSIONER EAST DISTRICT**

RICHARD CONROW

### **ASSOCIATE COMMISSIONER WEST DISTRICT**

HOWARD MCMILLAN



Howard County Court House

# Budget and more

## Appropriations budget

### Income

County Appropriations	31,000
Miscellaneous Income	7,882
<b>Total Income</b>	<b>38,882</b>

### Expenses

Salaries/Benefits	21,840
Payroll Expenses	2,723
Non-Payroll Salaries	5,665
Travel	1,584
Postage	700
Telephone	1,600
Advertising	400
Publishing & Printing	300
Reproduction/ Copy Services	1,500
Office Supplies/Service	1,500
Insurance	870
Capital Repairs	200
<b>Total Expenses</b>	<b>38,882</b>

## Key outcomes and numbers

- ✓ The University of Missouri has launched MU Community Connect, a platform designed to improve opportunities for connection between the university and various populations in the communities they serve.
- ✓ Virtual workshops via Zoom began in March due to Corona Virus shutdown of in person meetings.
- ✓ SBDC held multiple classes to help Missourians learn about starting a business and how to write a business plan
- ✓ Farm Tax Workshop classes began to help farmers navigate their taxes
- ✓ Despite Covid interruptions, the producers in Howard county were able to submit 115 samples to keep their soil management in economically beneficial shape.
- ✓ Individual consultations have been provided in eight major program areas for 54 producer in Howard county including field crops, pesticides, ag business, safety, horticulture and youth.

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



## Local Support

Did you know you can donate directly to Howard 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



## Todd Lorenz Field Specialist in Agronomy

As a result of this 2020 global Covid-19 pandemic, we have all been challenged in ways not seen in over 100 years. While this might seem frustrating as we missed that face-to-face educational fellowship, most of the Extension winter ag programs were completed prior to the shutdown.

The Covid chaos provided innovative opportunities, for all of us in Extension, as we changed our educational programming to lead in the high response needs of citizens. Resiliency is a new term this year and Extension has demonstrated that we have the ability to step up to the challenges.

During the initial stages of quarantine, a group of agriculture and environment specialist develop a rapid response team to provide current scientific answers to Covid response on the farm. As a result, new guide sheets were developed, virtual town hall meetings were conducted, and I provided interviews for KWRT, KRES, KTTJ, KREI, KMMO and various ag publications.

Covid left its mark on the agriculture sector as retailers had to provide services in a different fashion in order to keep employees and customers safe during the growing season. Most of Central Missouri experienced a favorable growing season in 2020 with the exception of a few isolated areas where drought stressors were beginning to emerged in the summer and persisted through the first half of October. Variable and scattered rainfall patterns seemed to limit the expression. Excellent harvest weather during the first couple weeks of October transitioned to limited opportunities for crop dry-down and harvest with the cool, wet conditions during the latter half of the month. Crop harvest was running slightly behind normal by the end of October. According to the Missouri Agricultural Statistics Service, for the week ending November 2, corn and soybean harvest was 80% and 60% complete, respectively; 7 percentage points behind the 5-year average for both crops. The majority of topsoil and subsoil moisture conditions were reported adequate at 69% and 68%, respectively. Hay supplies were mostly adequate (73%) to surplus (10%) with only 13% reported short to 4% very short in the southwestern portion of the state. Stock water supplies were mostly adequate (81%).

Prior to the outbreak I was able to provide regional and statewide programs on cover crops, soil health, soil testing, native warm season grasses, cool season grass establishment and management, farm safety, insects, diseased and pasture weed management. The shutdown did not slow down individual inquiries as through phone, emails, and texts as I provided consultations for best management practices on row crops, forage production, weed management, identification, insects, diseases and home horticulture questions. In addition to my six assigned counties, I also provide statewide and, in some cases, national assistance to individual producers.

Despite Covid interruptions, the producers in Howard county were able to submit 115 samples to keep their soil management in economically beneficial shape.

Individual consultations have been provided in eight major program areas for 54 producer in Howard county including field crops, pesticides, ag business, safety, horticulture and youth.

As we pivoted from our previous educational venue, I provided additional virtual training for private pesticide applicators who were unable to attend the in-person classes prior to the outbreak. A total of 25 producers in Howard County were certified as a private pesticide applicator. With limited to no personal contact, I was able to continued with the on-farm research trials throughout the season with prescribed safety precaution in place. Let us all hope for a less than chaotic coming year.



# Educational Access & Excellence



## Todd Lorenz Field Specialist in Agronomy



Representing century farms Howard County.



On-Farm forage fertility and soil health trials



Participated in the Show Me Anthem video indicative of the activities that continued for Extension in spite of Covid limitations.



Regional Private Pest Applicator trainings certify producers for purchasing restricted use pesticides. Pests limit yields nationally by approx. 30%; safely controlling them using integrated pest management maintains economic value while protecting the environment.



# Educational Access & Excellence



## Todd Lorenz Field Specialist in Agronomy



Planning for on-going educational efforts through the Alliance for Grassland Renewal, regional grazing schools, and the Missouri hay school was done with an emphasis for shifting some of these programs to a virtual format.



The Mid Mo Grazing Conference provided livestock producers with the latest in forage and livestock science. Helping producers increase production while maintaining soil health is key to doubling the economic impact of agriculture by 2030 as well as sustaining our natural resources.



Participated in the Show Me Anthem video indicative of the activities that continued for Extension in spite of Covid limitations.



### Supporting Kinship Families

The contribution of caregivers in the U. S. today is staggering. According to AARP more than one in five Americans (21.3 percent) or 53 million are caregivers, having provided care to an adult or child with special needs at some time in the past 12 months. Included in this statistic are kinship caregivers – grandparents raising grandchildren and other relatives raising children that are not their own. In Missouri, 119,854 (8.6%) children under 18 live in homes where householders are grandparents or other relatives. (AARP Grandfacts)

When Covid-19 hit Missouri and quarantines began, MU Extension, MU ParentLink and local community partners came together to provide education and support to kinship caregivers statewide. On April 30, 2020 the first virtual statewide Kinship support group meeting was held. Since then, 33 weekly support group meetings have been provided to approximately 938 participants from 32 counties in Missouri. Participants included kinship caregivers and foster parents, as well as community service providers and partners who support these families.

### Creating Community in New Ways

Unprecedented times allowed the Human Development & Family Science Specialists to create new innovative ways to educate the individuals of Mid-Missouri. This year the HDFS field faculty collaborated with the Greater Missouri and Heart of America Alzheimer’s Association to provide programming statewide. Specialists provided presentations related Alzheimer’s and other dementia related to 10 warning signs, effective communication strategies, and dementia related behaviors. Through 28 classes they were able to provide education to 471 participants statewide.

HDFS Extension Field Specialists utilized Zoom to provide educational programs to allow child care providers to obtain the clock hours of professional development they need to maintain licensure. A total of 16 classes were offered with 681 class registrations from 389 different care providers living in 66 counties in Missouri and also reached individuals from outside the state. Participants included site directors, assistant directors, teachers, home visitors, partnership coaches, cooking staff and family advocates.

As the newest Field Specialist in HDFS, Tina Edholm, joined the team in January 2020 and trained in 40+ programs including **Mental Health First Aid, Focus on Kids, Taking Care of You**, and many more. Over the last year, Tina has conducted in-person and zoom classes to reached over 1400 Mid-Missourians with 2,234 hours of human development programming.

Using Zoom technology, Tina worked with 159 individuals as they participated in **Building Strong Families**. Strengthening relationships and building upon family strengths improves the lives of low-income families and enhance the well-being of children.



# 159

The number of family members who completed **Building Strong Families** via Zoom.

“Family extends far beyond the immediate household. We all have different roles we fill and others are assign to us.”- *Building Strong Families (BSF) participant*

# 127

The number of child care providers served through Child Care Provider Trainings via Zoom.



## Falls Prevention Courses Help Participants Maintain Independence

Falls prevention evidence-based programs and presentations focus on reducing the fear of falling; increasing strength, balance, and flexibility; and helping people maintain their independence.

**Stay Strong, Stay Healthy (SSSH)** programming provided a strength training program for older adults based on research and meeting CDC physical activity recommendations. One SSSH program was offered virtually in 2020. A total of 8 individuals participated in SSSH, 1 from Howard County, and 7 total completed at least 60% of the program.

A week-long webinar series, **Show Me Healthy Aging**, was a state-wide effort to raise awareness during Falls Prevention Awareness Week. A total of 45 individuals participated in the webinar series with an average age of 67 years old. Topics included: "Falls are Preventable", "Staying Active", "Keeping Your Home Safe", "Maintaining Brain Health", and "Do Medications Affect Your Balance?"

**This program "made sitting down and getting up easier. It improved my confidence about weight training." - from a 70 year old female SSSH participant**

**100% of SSSH participants improved overall health**

100% of the SSSH survey respondents felt their overall health was better; 100% also reported feeling physically stronger.

## Self-Management Courses Build Confidence in Improving Overall Health

With stressors related to the COVID-19 pandemic, Howard County residents sought out programming to help take responsibility for their own personal well-being through attending evidence-based courses and research-based courses and presentations.

**Taking Care of You (TCoY)** programming provided group discussions and hands-on activities for participants to better understand holistic health (physical, mental, social, and spiritual), stress management and coping techniques, and how to best invest in themselves. Two TCoY programs were offered virtually in 2020. A total of 59 individuals participated in TCoY, 4 from Howard County, and 32 total completed at least 75% of the program.

**Walk With Ease (WWE)** programming provided educational information about starting or re-starting a regular walking routine, in particular for individuals with arthritis or other chronic health conditions. Virtual programming allowed participants to walk on their own three days a week, but still engage with peers to share successes and challenges. One virtual WWE program was offered in 2020. A total of 46 individuals participated in the Zoom sessions; 62 were enrolled in the course, 1 from Howard County.

**"As a result of (TCoY), I now plan to work to keep my life balanced and my mind under control. Then work on other areas of my life that we discussed." female participant**

**92% of WWE participants increased or maintained days per week walked**

The WWE participant from Howard County increased both days per week and amount of time walking over the six-week course.



## Nutrition Programs Impact Access to Food and Healthy Eating Changes

Nutrition-based programs not only provide up-to-date recommendations for specific populations, but also can help impact behavioral changes.

**Cooking with Kids: 4-H QuarantIME** provided videos and recipes via Facebook to a statewide audience. Videos included food safety tips, healthy eating on a budget, physical activity, and nutrition tips. Several videos were done in Spanish and a Fitness Friday component was added mid-program. In total, 54 videos were developed and released Monday-Friday, March 30 to June 12, 2020. Estimated reach for 50 of these videos was 113,648.

**Cooking Matters (CM)** programming provided hands-on and virtual education to help individuals and families at risk of hunger have the skills, knowledge, and confidence to make healthy and affordable meals. One CM at Home program was offered virtually and one CM at the Store program was offered virtually in 2020. A total of 17 individuals participated in CM programming in Howard County.

A one-time hands-on presentation, "Snacks and Healthy Eating," was provided virtually in Howard County to 10 youth members of New Franklin Brownie and New Franklin Juniors Girl Scout troops.

A virtual community discussion was held in Summer 2020 around the topic of food security in Howard County; there were 11 attendees. Work continued through the year to determine community needs and develop resources for community organizations.

## Meeting the Needs of the Community

Nutrition and Health Education is a field with a wide variety of topics that can be covered. Additional programming, presentations, and community work helped to address specific needs of Howard County residents and organizations.

**Food Preservation** programming provided hands-on learning opportunities for individuals to learn new safety guidance and practice food preservation techniques. One in-person Food Preservation program was offered in 2020. A total of 12 individuals participated, 2 from Howard County.

Two one-time presentations were provided in Howard County in 2020. One, "Self-Care for Seniors" was provided in-person at the Fayette Senior Citizens Center to 15 attendees. The other, "Nutritional Benefits of Tomatoes," was presented virtually in partnership with the Horticulture and Agroforestry Research Center (HARC) and their annual Chestnut Roast/Field Day. This video developed was viewed 39 times.

Work continued in 2020 to meet nutritional needs of youth and provide agricultural education while connecting local farmers to school lunch programs with the donation of beef through the Mo Beef Mo Kids Mo Fit program.

**19% of children under 18 are food insecure in Howard County; nearly 14% of adults are too**  
(Feeding America, 2017)

**2,972 post engagements for Cooking with Kids**

Facebook analytics as of 6/26/2020 showed that 2,972 reactions, comments, shares and link clicks happened on 50 of 54 videos.

**Food Preservation workshop participants enjoyed creating wine jellies and learning more about the wine-making process at Les Bourgeois Vineyards**

**100% confidence in following safe home food preservation practices**

12 Food Preservation course respondents were confident or very confident following the workshop



## County highlights

Heather Conrow



### Mo Beef Mo Kids Mo Fit-Howard

The Mo Beef Mo Kids Mo Fit (MoBKF) program connects schools and their food service professionals to cattle farmers and ranchers to “beef” up school lunches. The goal is to provide more beef, more often in the lunchroom, while implementing food and nutrition education in the classroom. This powerful partnership highlights the important message and journey of food and nutrition, while adding important protein to a student’s diet.

MoBKF is a partnership between Fayette and Glasgow school districts, the Howard County Cattlemen’s Association, MU Extension in Howard County, the Missouri Beef Industry Council, and the Missouri Department of Agriculture’s Missouri Grown program.

MU Extension in Howard County provides education in agriculture, nutrition, and fitness in the schools.



*Sida Gregory (Fayette) enjoying beef donated through the Mo Beef Mo Kids Mo Fit program.*

A total of 1,868 pounds of beef have been donated to Fayette and Glasgow School Districts. This equates to 13,076 meals for Howard County Schools.

Animal donations in 2020 were provided by Steve Diehls with Moniteau Valley Cattle Co. (2 animals), Randy and Danny Kircher, and Ron McBee with McBee Cattle Co.



*Inserting CIDRs in heifers at the MU Horticulture & Agroforestry Research Center (HARC).*

Missouri ranks second in the nation in total number of beef cows with more than two million cows on 60,000 farms across the state. An estimated 15 percent of heifers produced annually are retained for breeding purposes. Development of a fundamental understanding of basic principles regarding animal breeding, genetics, reproductive biology, nutrition, animal health and economics are essential in making informed management decisions that sustain long-term economic viability.

### Show-Me-Select Replacement Heifers

The Show-Me-Select® Replacement Heifer Program uses the latest research on health, nutrition, genetics and reproductive science to ensure Missouri counties continue to be national leaders in providing quality beef. The program focuses on Missouri’s farmers and is dependent upon active participation from regional extension livestock specialists and local veterinarians, each of which are critical components of the agricultural sector of this state.

efficiency through increased use of existing technology, coupled with the marketing component.

Program objectives:

Improved heifer development programs through a Total Quality Management strategy

Increased marketing opportunities for and added value for Missouri-raised heifers

Creation of reliable sources of quality replacement heifers based on management, reproduction and genetics

This program is unique in that it is an educational program targeted at improving production



### The 3<sup>rd</sup> Annual Farm, Family, and Me – Summit for Women

was held on September 3, 2020. Due to COVID-19, the two-day conference was pivoted to a 3 hour virtual event focusing on building resiliency. A total of 182 women participated in the event. Topics included dealing with financial and farm stress, self-care, and mental well-being. The event also included a panel of farm women who discussed the different ways they balanced their lives and work in agriculture. While the majority of the participants were from Missouri, 8 states and 2 countries were also represented. By pivoting to a virtual delivery method we were able to meet women where they were, while still providing them with relevant educational materials and resources.

On a scale from 1-5 (with 1=low and 5=high), participants rated overall conference satisfaction at 4.3. As a result of attending the conference, participants indicated the following:

- Increased my knowledge about the topics – 60%
- Encouraged me to find out more about the topics – 35%
- Improved my skills/ability – 25%
- Empowered me to develop a plan to address these topics – 34%
- Validated my current practices – 36%
- Encouraged me to make changes – 36%

#### Participant Comments:

- Farm, Family, & Me webinar yesterday was truly successful---that is my opinion! Topics were relevant, and speakers were outstanding. The panel closing the "event" were excellent--diversified, thoughtful, intelligent, seasoned women. Loved it!!! A very accessible well done virtual conference.
- What an amazing and strong group of women on this panel!!! Such inspiration! It fills my soul.
- Thank you to everyone for presenting at the Webinar! It was very interesting and informative!
- So worthy of my time to participate in this! Thanks so very much to everyone involved.
- Excellent meeting, well attended. I enjoyed the webinar part as we all have busy lives. All speakers were great. Easy to register and get on webinar. More ag topics for women in the future maybe more often with this type of session would be great.
- Great program, I thoroughly enjoyed it and look forward to next year!



## County highlights

Heather Conrow



### The 3<sup>rd</sup> Annual Farm, Family, and Me – Summit for Women (cont.)

(Participants by County: Chariton – 1, Adair – 3, Audrain – 6, Barry – 2, Bates – 2, Benton – 2, Bollinger – 2, Boone – 10, Caldwell – 2, Cape Girardeau – 2, Cass – 1, Cedar – 1, Christian – 6, Clark – 1, Clay – 2, Cole – 25, Cooper – 1, Dade – 1, Dallas – 2, De Kalb – 1, Dent – 1, Douglas – 2, Franklin – 2, Gasconade – 1, Gentry – 1, Greene – 3, Grundy – 3, Harrison – 1, Holt – 1, Howard – 2, Howell – 2, Jackson – 2, Jasper – 3, Jefferson – 2, Johnson – 3, Knox – 9, Laclede – 3, Lawrence – 8, Lewis – 1, Lincoln – 1, Linn – 1, Livingston – 1, Macon -1, Marion – 1, Miller – 5, Moniteau – 2, Monroe – 3, Morgan – 3, Newton - 4, Oregon – 1, Osage -1, Pemiscot – 1, Perry -1, Pettis – 4, Pike – 1, Polk – 3, Pulaski – 1, Ralls – 1, Randolph – 1, Saline – 2, Scotland – 1, Scott – 1, Shannon – 1, St. Clair – 1, St. Louis City – 2, Stone – 1, Sullivan – 1, Washington – 1)

Out-of-State participants – Virginia, California, Florida, Ohio, Kansas, New York, Illinois, and Minnesota. Out-of-Country participants – Ontario and Nepal.



### Mo Beef Mo Kids

The Kircher family supports Mo Beef Mo Kids in Glasgow and Fayette! Randy and Danny Kircher own a cow-calf operation. They feed the calves out until they are ready for butcher. The Kirchers support the Mo Beef Mo Kids program because they want to provide local beef to local students, connecting farm to lunch tray. While they enjoy all beef, they think steaks on the grill, cooked to medium, is the best way to eat it!

Special thanks to the Kirchers for their support.

[Fayette High](#)

[University of Missouri Extension \(MU Extension\)](#)

[Missouri Grown USA](#)



## County highlights

Kathi Mecham



Kathi Mecham is a Field Specialist in Horticulture covering Howard County. 2020 proved to be a challenging year to provide face-to-face programs. Kathi met the needs of the citizens of Howard County by answering calls, emails and providing virtual programming. She also worked with the staff at the Horticulture and Agroforestry Research Center in New Franklin. She along with the staff, and other specialist were awarded funding for a watermelon grant and the work will start in 2021.

Kathi was on several teams that created virtual state-wide programs to continue the MU mission. The *Horticulture Town Hall* was one program that offered citizens of Missouri a question and answer format to have horticulture topics addressed weekly. The Town Hall provided a weekly weather update from the state climatologist, presentations on timely topics like tomato diseases, trees concerns, insect concerns and benefits. Twenty-eight Town Hall events were presented from April 8 - December 9, 2020, with 2,363 total attendees for an average of 84 attendees per event. Thirty Youtube videos, or snippets, were produced from these Town Halls (<https://www.youtube.com/MUIPM>). As of December 22, these videos have been viewed 4,733 times, for an average of 158 views per video. The program will continue into 2021.

Kathi lead the team for a virtual *Horticulture Lunch and Learn* six-week series in 2020. The program addressed a different horticulture topic every other week. Lawn Care, Native Trees, Spring Bulbs, Cover Crops, Winterizing the Garden and Garden Myths and Tricks were the topics addressed. 21 participants from across the state attended the series.

To further reach Missourians, Kathi makes contributions of Horticulture related articles to the Garden Spade, a monthly horticulture newsletter reaching 1600 citizens. She also contributes regularly to the Livingston Tribune with distribution in Chillicothe, Trenton and Brookfield. A monthly horticulture article is submitted to the Carrollton Democrat, providing Carroll County with timely horticulture information and education.

Kathi participated in, *Online Learning, a 9-week virtual 4-H experience*. She provided videos with demonstration on *Composting in a Bottle* with over 11,000 views and *Seed Starting for Youth* with over 15,000 views. 4-H Live showcased rapid innovation and commitment to resilient youth education with quick and effective teamwork in the face of the COVID pandemic. This effort resulted in 45 diverse, hands-on Facebook and YouTube videos premiering between March 17 and May 15 with over 500,000 reaches and 49,000 views throughout the US and Canada

The Extension Master Garden program is an integral part of MU's volunteer efforts. Kathi is the coordinator of five Extension Master Gardener chapter. She provides education and information to the members so they can continue the mission of the program, "*helping others learn to grow.*"

### PROGRAM PARTICIPANT'S COMMENTS

*Please continue the Lunch & Learn series, I learned so much.*

*Lunch & Learn participant.*

*You do a great job and this is a real service to patrons of Extension in Missouri. Thank you.*

*~Town Hall participant.*

*Another awesome hour of information!*

*~Town Hall participant.*

*I enjoy the town halls. They are so informative at a down to earth level.*

*~ Cooper Co. resident*



# Educational Access & Excellence

Christal Huber  
Katie Dobson



## 4-H Youth Development 4-H Clubs

A total of 142 youth participated in Howard county 4-H. Howard 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.

## Volunteers

4-H members are supported by 21 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 \$27.20 per hour (Independent Sector, 2019), the contribution of Callaway County 4-H volunteers was worth more than \$11,424 in 2020. More importantly, these individuals serve as role models and mentors for youth.

## QuaranTIME

To keep youth and volunteers active and engaged during a period of quarantine due to Covid-19, Missouri 4-H implemented a series of online activities from mid-March through the end of May 2020. We used Facebook to house these activities and branded the overall experience as QuaranTIME. Monday through Friday we had a schedule of events that included the QuaranTIME Challenge, healthy living posts/videos from the 4-H State Council, a Cooking Connection segment from our partners in HES, 4-H Online: Learning episodes, and Chick Watch.

## Chick Watch

Each spring, 4-H sends many incubators into elementary classrooms so that youth can learn about embryology and watch the chicks hatch. Schools went into shut down about the time the eggs were being distributed. 4-H State Specialist Laura Browning took an incubator and eggs to her home and set up a nest cam. The nest cam live streamed to 4h.missouri.edu for anyone to watch the eggs. Each day on Facebook, Laura posted an educational piece to teach what was happening inside the egg. There was a total of 16 Facebook posts, which resulted in a total reach of 25,334 with 1,135 engagements.

## References

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