



Ian McGregor
Field Specialist in Livestock



Caleb O'Neal
Field Specialist in Plant Science



Samantha Cypret
Nutrition Program Associate



Allen Brandes
Extension Engagement Specialist

New Faces Serving Lawrence County Extension in 2024



UNIVERSITY OF MISSOURI EXTENSION

Lawrence County

2024 Annual Report

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**SERVE
MISSOURI.**

**DELIVER
MIZZOU.**



Extension

University of Missouri

an equal opportunity/ADA institution



Office of Extension
and Engagement
University of Missouri

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Columbia, MO 65211
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December 2024

Dear county commissioners, elected leaders and friends of MU Extension and Engagement,

As we reflect on the past year, I want to express my deep gratitude for your support of MU Extension and for your partnership in enhancing the lives of Missourians.

Your support for MU Extension fuels Missouri's agriculture, strengthens families, prepares our youth and promotes the health, well-being and vitality of our communities. Over the past year, our programs have focused on addressing key needs throughout the state:

- **Expanding access to 4-H:** To make 4-H more accessible, we've introduced more in-school and after-school clubs, reducing barriers and creating opportunities for young Missourians to develop essential skills and leadership abilities.
- **Supporting agriculture and land stewardship:** We're addressing critical issues such as succession planning for family farms, rural mental health, agricultural business management and land stewardship. These initiatives are helping Missouri's farmers plan for the future and preserve the health of our land for future generations.
- **Advancing health initiatives:** Our team of community health field specialists, covering every region of the state, works directly with local leaders to assess health needs and bring UM System resources and expertise to these communities, supporting healthier lives and stronger communities.
- **Promoting economic development:** MU Extension is helping to create economic opportunities by working with individuals, supporting businesses in their growth and collaborating with communities to enhance local vibrancy. Through these efforts, we help bring new jobs, skills and possibilities to Missourians across the state.
- **Providing essential training:** Our continuing education programs prepare Missouri's firefighters and health care workers to meet the demands of their roles with the latest skills and knowledge, ensuring they are well-prepared to serve our communities.

As you read through this annual report, I hope you feel as proud as I do of the accomplishments we've achieved together. The dedication and professionalism of MU Extension's faculty and staff are inspiring, and I am grateful to work alongside them—and each of you—as we make Missouri a stronger, healthier and more vibrant place. Thank you for your continued support and partnership. Together, we are serving Missouri by delivering the University *for* Missouri.

Warm regards,

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

Who we are

Faculty and staff



Karla Deaver
4-H Youth Development Specialist

Ian McGregor
Field Specialist in Livestock

Caleb O'Neal
Field Specialist in Plant Sciences

Samantha Cypret
Nutrition Program Associate

Allen Brandes
Extension Engagement Specialist

Janet Adams
Administrative Assistant

Other Staff Who Served in 2024

Melissa Briggs (January – August)
Nutrition Program Associate

Debbie Pankau (January - July)
Youth Program Assistant



Council members

Chairman	Mike Bloss, DVM
Vice-Chairman	James Rees
Secretary	Tiffany Wilke
Treasurer	Kristina Callison
Member	David Botts
Member	Doug Bowerman
Member	Glenn Callison
Member	Kody Hedrick
Member	William Hendrix
Member	Carrie Howlett
Member	Ellen Mason
Member	Ryan West
Member	Karl Wilke



Newly elected members are sworn in by Tammy Riebe, Lawrence County Clerk during Annual Meeting, February 2024.

County executives

Bob Senninger	Presiding Commissioner
Tim Selvey	Eastern Commissioner
David Botts	Western Commissioner

Budget and more

Appropriations budget

Income

County Appropriations	45,000.00
Total Income	45,000.00

Expenses

Salaries/Benefits	38,025.00
Payroll Expenses	2,908.91
Travel	6,448.00
Postage (Reimbursed)	(8.00)
Telephone	1,694.83
Rent/Lease Space	188.00
Office Supplies/Service	70.86
Insurance	100.00
Miscellaneous	683.98
Extension Election Expense	109.04
Total Expenses	50,225.62

Return on investment

University System (Specialist Salaries, Travel, etc.)	154,000.00
Program Revenue	5,296.50

Lawrence County partners

Alliance For Grassland Renewal
Barry-Lawrence Regional Library
Central Elementary (Miller R-II)
City of Aurora
Farm Bureau
Joplin Regional Stockyards
Lawrence County Commissioners
Mid-Missouri Bank
Miller Christian Service Center
Missouri Forage and Grassland Council
Monett Chamber of Commerce
Mount Vernon Chamber of Commerce
Mount Vernon Elementary
Old Missouri Bank
Ozark Electric Cooperative
Pate Early Childhood Center
Southwest Missouri Cattlemen's Association
Southwest Research, Extension & Education Center
St. Susanne Catholic Church

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



Local Support

Did you know you can donate directly to Lawrence 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.

Lawrence County Highlights in 2024

State Fair Farm Family – Nathan Isakson Family

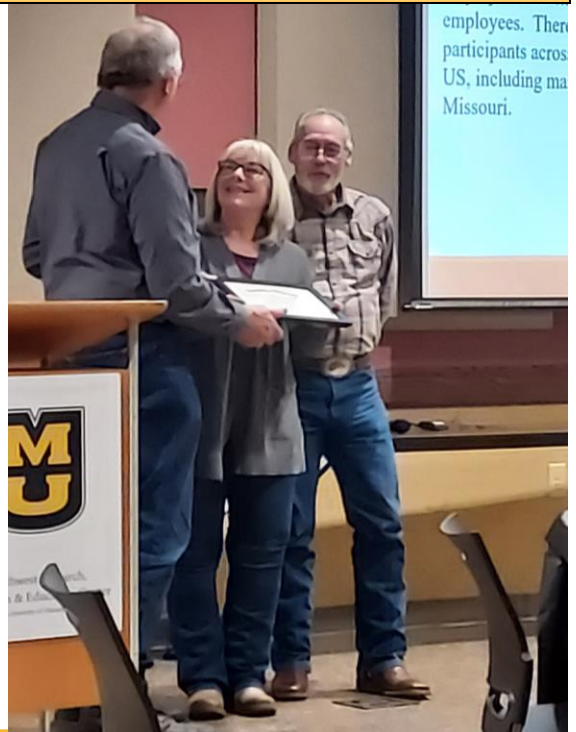


Leader Honor Roll Recipients - 2024



Dr. Mike Bloss, Council Chairman presents certificate to Tim Neely (pictured left)

Dr. Mike Bloss, Council Chairman presents certificate to Robert & Debbie Pankau (Pictured right)



employees. These participants across the US, including many in Missouri.

Lawrence County Highlights in 2024

Century Farms Recipients for 2024



Denny & Judi Goodman were recognized for their Missouri Century Farm owned since 1907. (Pictured Above)

Larry & Betty Walker recognized for their Missouri Century Farm owned since 1918. (Pictured Left)

Lawrence County



University of Missouri System

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UM System Footprint in the county in 2024



FY24 county students

85 students

- 69 Undergraduates
- 16 Graduate and professional students
- 56 Full-time students
- 29 Part-time students
- 24 Pell grant recipients (aid year 2024)



County employees and retirees

25 people employed by UM

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

97 UM retirees and beneficiaries
 UM salary and retirement income: \$2.0 million
 UM state tax revenue: \$37,025
 UM federal tax revenue: \$197,521



County alumni

Selected school alumni

- 14 Medicine
- 27 Nursing
- 14 Health Professions
- 5 Dentistry
- 7 Pharmacy
- 2 Optometry
- 13 Veterinary Medicine
- 86 Agriculture
- 71 Engineering
- 17 Law

Alumni teaching K-12

- 14 teachers
- 2.7% of all district teachers
- 1 principal or administrator
- 3.3% of all district principals and administrators



County breakdown

MU

- 46 students
- 243 alumni
- 22 employees

UMKC

- 10 students
- 54 alumni
- 0 employees

Missouri S&T

- 17 students
- 88 alumni
- 0 employees

UMSL

- 12 students
- 14 alumni
- 0 employees



County population: 38,392



County services provided

Health care (FY24)

- 202 in-state patients seen at MU Health Care, with \$171,273 of uncompensated care
- 3 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 387 visits to 147 patients having ZIP codes associated with the county

Extension (2023)

- 14,695 Total educational contacts from MU Extension to residents of the county, including:
- 4,845 contacts related to productive farming, better gardening, and managing natural resources
- 9,067 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 421 contacts related to starting businesses, developing community leaders, or renewing the local economy



County properties and offices

Southwest Research Center
 MU Extension in: Lawrence County

Lawrence County



University of Missouri System

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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)

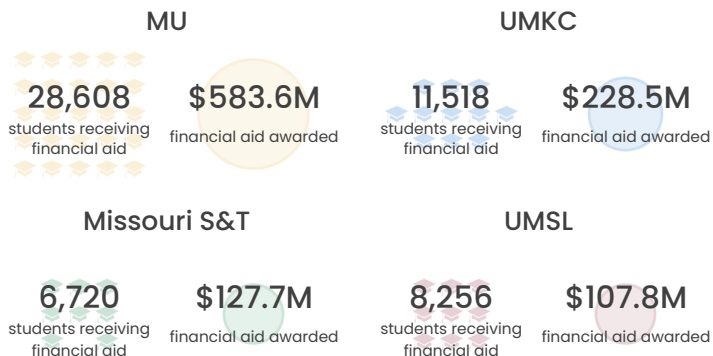


210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

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



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.

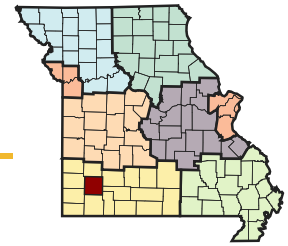
Supporting the University of Missouri is an investment in the future of Missouri.

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



Missouri Grand Challenges: Local Solutions



LAWRENCE COUNTY

Knowing Missouri's Needs

MU Extension asked Missourians to share the greatest challenges they and their communities face.

We heard that feedback and made big changes in the way we work with council and local partners to improve lives. Locally, a network of county engagement and subject matter specialists now share MU's knowledge, research and engagement, targeting programs, information and assistance in:

- agriculture and environment
- youth and family
- business and community
- health and safety

For each grand challenge, MU Extension and Engagement targets a specific gain by 2023:



Economic opportunity

Increase MU Extension and Engagement's economic impact to the State of Missouri from \$1 billion to \$1.5 billion overall, and from \$88 billion to \$100 billion in agriculture, the top economic sector



Educational access and excellence

Increase participation in postsecondary education from 66% to 70%



Health and well-being

Improve Missouri's health ranking from 40th to 35th in the nation

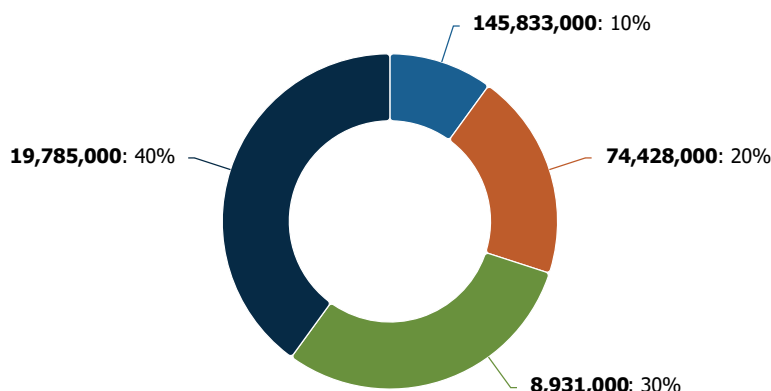
Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: *Agricultural Economics*

Leading Agricultural Products

Total Rank (Sales): \$10



Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2022.

Net Farm Income

Net farm income (total sales, government payments, and other farm-related income minus total farm expenses) reflects the strength of the local agricultural community and can be an important measure for lenders and policy makers. The report area had a combined net farm income of \$84,646,000 in 2017, an average of \$52,937 per farm. This is below the statewide average farm income of \$56,606.

Report Area	Total Farms	Average Farm Income
Lawrence	1,599	\$52,937
Missouri	87,887	\$56,606

Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2022.

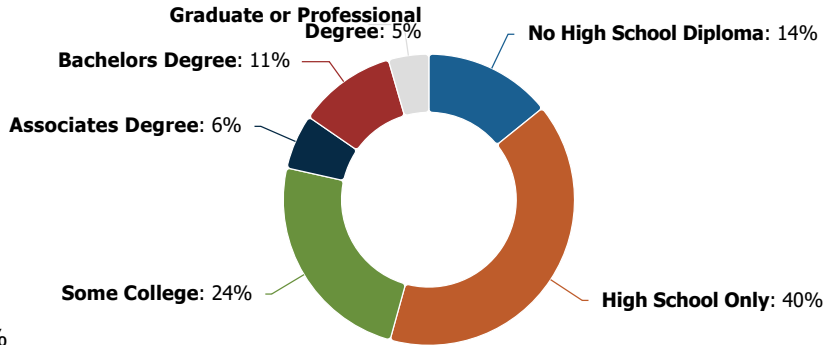


CHALLENGE 2: Educational Access and Excellence: *Educational Attainment*

Adult Educational Attainment

Educational attainment shows the distribution of the highest level of education achieved in the report area, and helps schools and businesses understand the needs of adults, whether it be workforce training or the ability to develop science, technology, engineering, and mathematics opportunities. Educational attainment is calculated for persons over 25 and is an estimated average for the period from 2017 to 2021.

In the report area, 24.2% of adults have at least some college education and 17% of adults have an associate's level degree or higher. However, 40.1% stopped their formal educational attainment after completing high school, and 14.2% of adults did not complete high school.



No High School Diploma

14.17%

Missouri

8.69%

Lawrence

Data Source: US Census Bureau, [American Community Survey](#). 2018-22.

Data Source: US Census Bureau, [American Community Survey](#). 2018-22.



CHALLENGE 3: Healthy Futures: *Healthy Weight*

Obesity (Adult)

This indicator reports the number and percentage of adults aged 20 and older self-report having a Body Mass Index (BMI) greater than 30.0 (obese). Respondents were considered obese if their Body Mass Index (BMI) was 30 or greater. Body mass index (weight [kg]/height [m]²) was derived from self-report of height and weight. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Note: In 2021, the CDC updated the methodology used to produce estimates for this indicator. Estimated values for prior years (2004 - 2017) have been updated in this platform to allow comparison across years. Use caution when comparing with saved assessments generated prior to November 10, 2021.

Percentage of Adults Obese, 2016

26.4%

Missouri

33% 😞

Lawrence



Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2021.

Physical Inactivity

Within the report area, 5,551 or 18.8% of adults aged 20 and older self-report no active leisure time, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.

Note: In 2021, the CDC updated the methodology used to produce estimates for this indicator. Estimated values for prior years (2004 - 2017) have been updated in this platform to allow comparison across years. Use caution when comparing with saved assessments generated prior to November 10, 2021.

Adults Age 20+ with No Leisure Time Physical Activity, Percent

18.8%

Missouri

21.4%

Lawrence

Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2021.



CHALLENGE 4: Agricultural Growth & Stewardship: *Agricultural Economy*

Jobs Derived

Missouri has a diverse agriculture industry, strong in crops and livestock, as well as food and forestry processing industries. These industries remain a significant part of Missouri's economy, supporting more than 1 in every 10 jobs, on average. In 2021, agriculture, forestry, and related industries in Missouri were estimated to contribute: 456,618 jobs, \$93.7 billion in output and \$31.8 billion in household income. [Learn more about Missouri Agriculture's Economic Impact.](#)

Percent of Jobs Derived from Agriculture

32.3%

Lawrence

Missouri

23.55%

Data Source: Missouri Department of Agriculture, [Missouri Agricultural and Small Business Development Authority](#). 2021.

Value Added

Value-added agriculture refers to production, manufacturing, marketing or other services that increase the value of primary agricultural commodities. In 2021, the total value-added derived from agriculture, forestry and related economic activity was an estimated \$34.9 billion. Meat processing, food processing, animal and pet food manufacturing, and crop production and related industries are Missouri's top value-added products: \$9.5 billion and 155,425 jobs from livestock production and related industries alone. [Learn more about Missouri Agriculture's Economic Impact.](#)

Percent of Total Value Added from Agriculture

27.5%

Lawrence

Missouri

21.98%

Data Source: Missouri Department of Agriculture, [Missouri Agricultural and Small Business Development Authority](#). 2021.



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 problem-solving, 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



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Lawrence County

Missouri 4-H

Local Impact

In 2024, Lawrence County 4-H wrapped up a 3-year grant project. Funded through AmeriCorps, the **Retired Senior Volunteer Program** provided funding for programs and staff including Youth Program Associate Debbie Pankau. The project enable Lawrence County to recruit and train 75 new 4-H volunteers over the age of 55 to work with community projects, including service projects like Wreaths for Warriors. The project wrapped in July 2024, and Debbie retired from Extension, enjoying her time as a volunteer now. The project provided \$75,000 per year for 3 years, allowing us to do programs and purchase supplies that would not have been possible without those funds. Many of the volunteers recruited through the program are pictured below at the 2023 Wreaths for Warriors event. Our thanks to Debbie Pankau for her hard work and dedication to the program and to 4-H.

The summer of 2024 brought a new opportunity to Lawrence County through the **Summer Enrichment Grant program**. Funds were provided to hire a summer intern, Brittaney Erwin, to teach STEM programs in the Barry/Lawrence Regional Library system and in local public schools, reaching 245 youth. Books were donated to the library sites at the conclusion of the program. In addition, two sets of Stem to Go Backpacks were developed for use by the library system. These are catalogued and stored at the educational director's office and made available for programs in the various locations. For the agriculture literacy component, an accurate agriculture children's book was read, and a hands-on activity conducted that reinforced the book. Examples of activities include Good Bug, Bad Bug; Farm to Pizza; Bee Friendly Seed Dumplings, Butter Me Up, Ice Cream in a bag, and many more.



Lawrence County

Missouri 4-H

Profiles and Stories



2024 Missouri 4-H Hall of Fame inductees Gary and Judy Davis were committed to helping children be successful in 4-H and were involved in some very groundbreaking and long lasting 4-H clubs and activities. They created the Green Pride 4-H club specifically for youth with special needs, helped to create the Clover Kid program and curriculum in Missouri, and were instrumental in keeping 4-H going in pivotal years when there wasn't a local 4-H staff person in the county. They were truly committed to doing and in Judy's words "we just did whatever needed to be done for 4-H."



Lawrence County 4-H was well represented at the **State 4-H Livestock Judging Contest**, held in June on the MU Campus, having the third place junior team (below) and fifth place senior team (above). Aria Duwe was the 6th high individual ages 8-10. Laramy Prewitt was the 10th high junior individual. Ella Clark was the top junior individual in Swine. Senior judge Lindsay McDonald was invited to participate in a Missouri All-Star Team that competed at AkSarBen in Nebraska.



Lawrence County had a team compete at the State 4-H Poultry Day for the first time in recent history. Shown below competing in quiz bowl, the four contestants also participated in egg demonstration, judging and grading. Payton Duwe was 3rd high individual in the junior division. Nora Glassman was 9th junior and third in the 8-10 age group; Aria Duwe was 10th junior and 4th in the 8-10 group; and Zane McDonald was 9th in the 8-10 group. Nora was first in egg demonstration and Zane was third.





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

“A lot of veterans come right out of the service and may feel disconnected and may be struggling with finding job opportunities. The Heroes to Hives program offers a diversion as well as opportunities.”

Eric Work, Heroes to Hives participant



Heroes to Hives offers free professional training in beekeeping to veterans, promoting financial and personal wellness through community development. Missouri’s Heroes to Hives group has trained more than 1,200 veterans since 2021. It is the nation’s largest agriculture training program for U.S. military service members.



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 AgrAbility Project provides practical education, on-the-farm assistance and agency referrals to farmers and ranchers with disabilities and their families to promote agricultural and rural independence. National Institute of Food and Agriculture (NIFA) an agency of the U.S. Department of Agriculture (USDA), administers the AgrAbility Project.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Lawrence County

Agriculture and Environment

Profiles and Stories



What Ag Lenders Need to Know in 2025

18 agricultural lenders attended the Southwest Region's "What Ag Lenders Need to Know in 2025" at the University of Missouri's Southwest Research, Extension, and Education Center in Mt. Vernon. The event focused on the economic outlook for livestock, crops, agricultural inputs,

and the broader macroeconomy, with additional discussions on carbon credits, land values, and cash rental rates. Speakers represented MU Extension, the University of Missouri Rural and Farm Finance Policy Analysis Center (RAFF), and the Missouri Agricultural and Small Business Development Authority (MASBDA).

All participating lenders agreed the information shared would help them better assist their agricultural clients.



Lawrence County

Agriculture and Environment

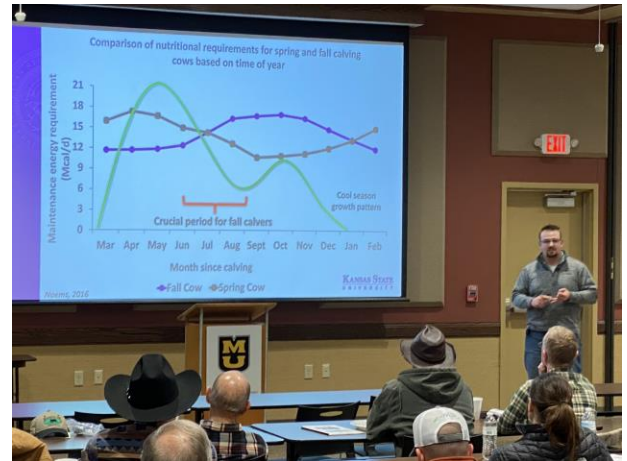
Local Impact

KOMA Beef Cattle Conference

The KOMA Beef Cattle Conference was a joint effort from universities and extension services with MU, University of Arkansas, Oklahoma State University, and Kansas State University.

These university extension services were involved in planning and conducting the event. Students and professors from the 4 universities provided presentations during the event. 54 people total were educated from the conference.

The goal is that participants will take knowledge from the conference to make their cattle operation successful.



Southwest Research, Extension & Education Center Field Day (SWREEC)

The annual FFA Exploration Day took place at SWREEC in September. Over 1,000 students rotated to different stations to listen to Missouri Extension agents teach about a wide variety of aspects pertaining to local agriculture.

Ian McGregor spoke to hundreds of students about small ruminant production.

Joplin FFA Ag Expo

The Joplin FFA Ag Expo took place at Joplin High School in September. Students visited several booths that included extension, private industry, and natural resource government industries. Ian McGregor and Micah Doubledee set up a booth and spoke with students about what extension does and its role in supporting local agriculture.

Lawrence County

Agriculture and Environment

Local Impact

Show-Me Select Replacement Heifer Sale

The Show-Me Select Heifer Sale offers heifers of exceptional genetics, sold through an auction at Joplin Regional Stockyards in November. Ahead of the sale, extension agents and veterinarians visit ranches to measure internal pelvic area in heifers that ranchers want to put in the sale. These heifers must meet certain requirements like minimum pelvic area, must have certain vaccines, and be bred to bulls that meet specific quantified expected progeny difference (EPD) numbers.

This year's fall sale included 8 consigners that sold 112 heifers for an average price of \$3,205 per heifer, \$299 higher per heifer and 27 more heifers than the Fall 2023 sale.



Bull Breeding Soundness Exam (BSE) Days

Bull breeding soundness exam days are events that take place at several veterinarian offices throughout the region where ranchers can bring in bulls before the breeding season to have them checked for semen quality, body condition, and hoof score. These observed qualities ensure that the bull is able to breed females and has the proper conformation that supports the longevity that the bull can do its job.

Extension identified 15 bulls that had a body condition score of 4 or less, which is considered thin and may not have adequate energy stores to be effective in the bull's job during the breeding season. Extension also identified 11 bulls with foot or structure issues, which can affect the movement of the animal and negatively impact the bull's ability to breed females. These breeding soundness exams prior to the breeding season are essential so that the owner knows if they need to switch out bulls to ensure that cows get bred.



Lawrence County

Agriculture and Environment

Local Impact

Artificial insemination School

Elizabeth Picking, Reagan Bluel, Chloe Collins, and Ian McGregor taught artificial insemination school in November of 2024 in partnership with Kent Daniels from Select Sires and Joplin Regional Stockyards.

This multi-day school combined classroom teaching about estrus synchronization, reproductive anatomy, and management strategies to increase artificial insemination success with hands-on learning. Attendees were able to get hands on practice artificially inseminating cows, as well as handling and thawing semen.

Twelve individuals attended this program and became certified to artificially inseminate cattle.



Stateline Beef Cattle Conference

This was a virtual conference that educated cattle producers on cattle and forage management following drought. Speakers from MU Extension and Kansas State University Extension educated participants on rebuilding the cowherd, utilization of summer annuals and rebuilding the forage base following drought. 41 people were educated during the conference.

The goal is that conference participants will use this knowledge to help be successful in rebuilding their cattle and forage operation following drought.



Farm Fest

Farm Fest is the largest gathering of the agricultural community in Southwest Missouri that takes place at the Ozark Empire Fairgrounds in October. Ian McGregor manned the University of Missouri Extension booth with Patrick Davis. They spoke with 45 individuals about extension and delivered guidance on agricultural practices.

Lawrence County

Agriculture and Environment

Local Impact



"All the presenters had things I hope to utilize."

There were 112 participants who attended the 99th **Lawrence County Soils and Crops Conference** in January. Topics covered included "what to feed when you have no feed", bullet-proofing your beef operation and how regenerative grazing can make a farm more drought resilient. In the survey at the end of the meeting, 100 percent of the participants ranked the program as either meeting or exceeding their expectations. Lawrence County farm producers are an economic generator for the local economy. When they suffer economically, their farm product suppliers (feed and fertilizer dealers, hardware stores, fuel suppliers, seed dealers, etc) also suffer. Their economic situation can tie directly to food costs in grocery stores. This program addressed ways this sector in the county economy can remain viable.



A **Native Warm Season Grass Tour** was offered by Tim Schnakenberg in July at three farms near McKinley and Freistatt. There were 42 people who participated and gained knowledge and skills on how to establish and maintain native grass stands. Some residents also attended a similar tour near Purdy in June where 40 attended.

Corn Stunt was identified in Christian County this year and soon was found in all southwest Missouri counties by August. This significant disease was found in a field and later confirmed by the MU diagnostic laboratory. This was the first time in 40-50 years that stunt made an appearance in Missouri. Trapping for the vector, corn leafhopper, has continued by extension agronomists to monitor its movement.



Lawrence County

Agriculture and Environment

Local Impact



There were 115 participants who attended the **Private Pesticide Applicator Trainings** offered by Tim Schnakenberg. Trainings occurred in Cassville, Springfield, Galena, Ozark, Mt. Vernon (2X) and Branson. Pesticide applicators also benefited from a 1.5-hour prerecorded Zoom session that was used for training statewide. Several other classes were offered virtually across the state. This training has direct impact on environmental safety, human safety and the safety of the American food supply. Farmers are retrained every five years in order to maintain a private pesticide license to purchase and use Restricted-Use pesticides.

"Very knowledgeable class instruction." "Very good job! Rubber met the road." "Tim always does a great job!" "Very happy with the whole class and experience." "I like these classes and I always learn new methods and knowledge about chemicals and applying chemicals."



Regional Drought Assessments were conducted by Tim Schnakenberg and Micah Doubledee in 14 counties. These extensive reviews of the 2024 drought helped the state FSA office and county committees to determine financial assistance for landowners who had signed up for drought insurance programs.

There were around 400 farm producers who participated in the **40th Annual Southwest Missouri Spring Forage Conference** in Springfield in February. There were fourteen key presentations and a trade show. This is one of Missouri's largest gatherings of farmers and ranchers and is hosted by a committee made up of extension field specialists and professionals from Soil & Water Conservation Districts, Natural Resources Conservation Service and Missouri Department of Conservation.



Lawrence County

Agriculture and Environment

Local Impact



Missouri Grazing Schools provide the most in-depth training on how to be successful with Management-intensive Grazing (MiG) practices. These three-day schools are unique to Missouri and have set a standard for teaching and demonstrating the newest grazing concepts. Schools were offered in 2024 in Lawrence, Stone, Webster, Newton, Barton and Polk counties. The schools allowed farmers to think differently about how they manage their pastures and have become a very effective tool. There were around 100 livestock producers who attended the sessions from many counties. Numerous presentations were offered along with on-farm field trips to evaluate pasture grazing systems.

*"We hope to apply this information to leave a better place for future generations." "Start to finish, teachers and students were impressive and full of practical information and support." "You **can** teach an old dog new tricks!"*



This year's **Ozark Empire Fair Hay Show** had outstanding participation with 36 entries submitted from seven counties. Several ag specialists traveled to 20 farms to collect samples of the entries. This was a great opportunity to help producers better educate themselves on hay quality. Counties represented this year included Greene, Lawrence, Christian, Stone, Shannon, Dade and Barry counties. The highest-testing entry and champion dry hay came from Glenn and Toni Obermann of Monett. It was a first cutting alfalfa hay entry that was harvested on April 18. It produced a 258 Relative Forage Quality (RFQ). The champion haylage was entered by Groves-View Dairy of Billings, Missouri. It's cutting date was April 22 and the RFQ was 249. The show has occurred since 1985. Tim Schnakenberg and Reagan Bluel served as Superintendents for this show.

Farm Fest at the Ozark Empire Fairgrounds in Springfield is the largest gathering of the farm community in Southwest Missouri. MU Extension ag specialists staff a booth at this event throughout the entire weekend in October. Thousands of visitors streamed by the booth and hundreds stopped in to visit with regional specialists.

Lawrence County

Agriculture and Environment

Local Impact



Grassland Partnership Project is a nine-state Climate Smart effort for grassland and soil health management with the University of Tennessee. There are fifty farms in Missouri participating over a five-year period with oversight from MU Extension Specialists. Tim Schnakenberg is coordinating projects on five farms in Lawrence, Barry, Dallas and Greene Counties. These farms are receiving guidance and financial support to implement projects involving planting native grasses, planting legumes or developing Management-intensive Grazing systems. These five farms will serve as demonstration farms for future farm tour events once projects are fully implemented.

Insect Trap Monitoring is an ongoing effort by extension agronomists to monitor insect pest movement in Missouri. Counts are recorded weekly on the MU IPM website and alerts are provided for farmers who sign up for the service. The service provides a heads-up for insect invasions in both crops and forages. Insects are monitored in two locations in Southwest Missouri including fall armyworm, true armyworm, stinkbug, Japanese beetle, corn leafhopper and black cutworm.



Lawrence County

Agriculture and Environment

Local Impact



SWREEC Exploration Day

Provided educational talk to about 1,500 students & the public on five-point check in sheep & goats. Hands-on FAMACHA demonstration was also taught.



Lawrence County

Agriculture and Environment

Local Impact

2nd Annual Sheep & Goats Field Day Mt. Vernon, Lawrence County

Over 100 producers
participated

“I drove 4 hours for this
program, it was worth
the drive”!





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



DEMOGRAPHIC, ECONOMIC AND WORKFORCE DATA TRAINING

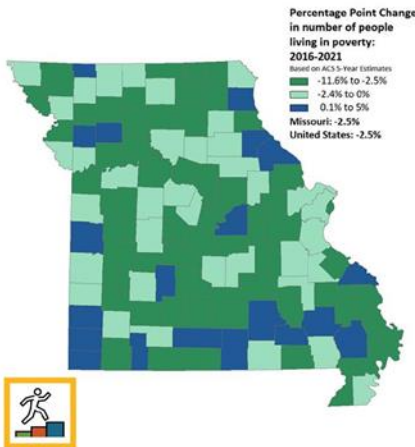
MU Exceed offers customized data training. Participants learn how to use public data through hands-on exercises and demonstrations.

In 2022, Exceed provided data training to MORE THAN 200 MISSOURIANS. 95% of the attendees said that the information they learned was useful to their work.



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 **Missouri Economy Indicators (MEI)** series explores business, industry and workforce topics that affect Missouri's economy. The data is shared through newsletters and on social media. MU Extension faculty and staff receive talking points and collateral to share with local stakeholders.

In 2022, MEI published 15 issues, and MEI online resources were accessed MORE THAN 5,000 TIMES. Two out of five MEI newsletter recipients reported using the information to help guide policy or decision-making in their work.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Lawrence County

Business and Community

Local Impact

Lawrence County has several entities that are collaborating with Lisa Robinson, Field Specialist in Regional Economic Development.

The Chambers of Commerce in Aurora, Monett, and Mt. Vernon as well as the Marionville Economic Development Advisory Committee and Mt. Vernon Economic Development Corporation have received data and services from Extension.

Would you like to know what data is available for Lawrence County? Would you like a presentation focusing on Lawrence County?

Contact Lisa Robinson, Field Specialist in Regional Economic Development
Office: (417) 358-2158
robinsonlj@missouri.edu

Lawrence County was one of three counties as a focus for a Regional Economic Development Summit that was held at the Southwest Research Extension and Education Center in September.

Sixty-nine individuals attended the Summit. They learned about Extension services available and met several Specialists who serve the county.

Collaborative presenters included USDA Rural Development, Missouri Department of Economic Development, Missouri Department of Higher Education and Workforce Development, Southwest Missouri Council of Governments (SMCOG), Crowder College Training and Development Solutions, InnovateSOMO and Codefi, Missouri Small Business Development Center from MSU and MSSU, Springfield Regional Economic Partnership, and chambers from the three counties.



Lawrence County

Business and Community

Local Impact

Missouri Small Business Development Center (SBDC)

The Missouri SBDC at Missouri Southern State University provides support to Lawrence County entrepreneurs and small business owners through 1:1 assistance and training. Over the course of 2024, our office met with clients to discuss a wide range of topics including:

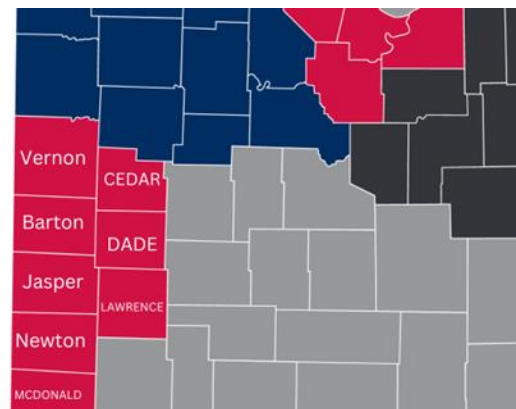
- Starting a business
- Cash flow management
- Business loan refinance and expansion
- Business relocation
- Financial planning
- Marketing and social media strategy
- Purchasing a business
- Childcare grant application assistance
- International expansion opportunities
- Technology commercialization
- Experiential projects linking MSSU students and business owners

Through leveraging regional partnerships, we are able to offer the following:

- Innovate SOMO
- Early-Stage Boot Camp
- Government contracting assistance
- Identification of grant opportunities effecting businesses due to imports

KEY OUTCOMES

- ✓ **44** Business owners received multiple 1:1 consulting sessions regarding their small businesses
- ✓ **4** New jobs created
- ✓ **84** Jobs retained
- ✓ **104** Government contracts awarded to small businesses in Lawrence County
- ✓ **316** Training event attendees



The Missouri SBDC at Missouri Southern State University serves 8 counties in southwest Missouri (highlighted).

Learn more about our latest programs and training

sbdc@mssu.edu

417-625-3128

www.mssutrainng.com

REGIONAL HIGHLIGHTS

\$2,443,351

Increase in sales for client companies through the assistance of the SBDC

\$114,836

Government contracts secured through the assistance of APEX (formerly MO PTAC)

\$92,191

Capitalization secured through the assistance of the SBDC



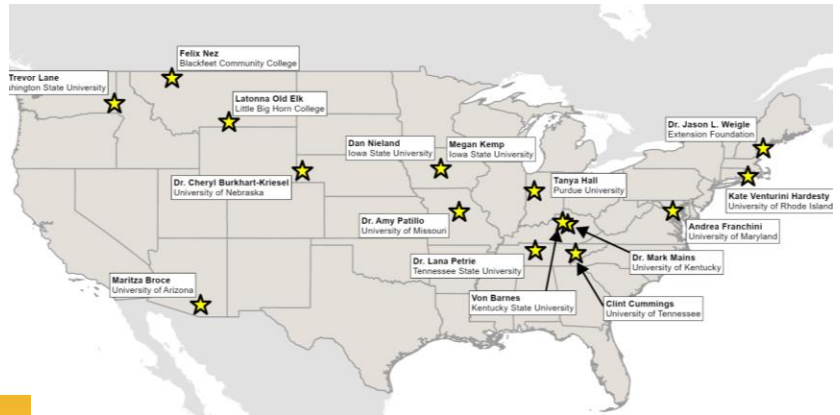
Dr. Amy Patillo
Field Specialist in Labor and
Workforce Development

Lawrence County

Business and Community

Local Impact

Labor and workforce development's mission is to help businesses and organizations address the emerging working challenges to drive Missouri's workforce forward so that individuals and communities can thrive.



Landscape of National Extension Clearinghouse for Industry and Workforce



Topics Programs Online courses Events Publications Products/Services Missouri 4-H

HOME / TOPICS / BUSINESS AND COMMUNITY / LABOR AND WORKFORCE DEVELOPMENT

Labor and workforce development

Career development > Labor development > Management and leadership >

Programs



Heroes to Hives

Missouri is the first state chapter of the national Heroes to Hives program. Heroes to Hives is a unique program offered through the Michigan Food & Farming Systems that seeks to address financial and personal wellness of veterans through free professional training and community development centered around beekeeping.



Labor Education Program

The Labor Education Program, a continuing education unit of MU Extension, is located at the University of Missouri in Columbia. The program has been engaged in the development and delivery of high-quality leadership training programs for trade union leaders in Missouri and other Midwestern states since 1964.



Missouri Beginning Farmers and Ranchers

Blend experiential learning to grow your farm Missouri beginning farmers program is a new pilot of training workshops, educational classes, internships and customized one-on-one technical assistance. The goal is to provide information and to assist those who are interested in farming.

MORE PROGRAMS

For more information visit
<https://extension.missouri.edu/topics/labor-and-workforce-development>

Responding to the Changing Needs of the Workforce in the Food and Agriculture Sector

The National Institute of Food and Agriculture invested \$10 Million to develop the National Extension Clearinghouse for Industry and the Workforce (NEIW) (AFRI-EWD Priority Area-A7704).

Dr. Patillo served as the National Program Lead and Content Lead in collaboration with the Extension Foundation to secure and launch the NEIW project (September 2023- September 2024).

Agricultural production and processing rely on an efficient and well-trained workforce. The readiness of this workforce may benefit from, and in many cases require, both informal training experiences, and formal worker certifications.



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Lawrence County

Business and Community

Profiles and Stories

MU Extension Community Development Specialists (CDS) help build Civic Muscle, which is the collective strength of people in a place (neighborhood, town, region) to respond to challenges and proactively pursue thriving communities. CD specialists coach communities to build Civic Muscle in four key “Muscle Groups.”



BELONGING

Neighboring 101 is offered monthly on Zoom and features nationally known practitioners of neighboring, like Seth Kaplan (at left), author of “Fragile Neighborhoods.” Program has participants from 38 different states now.

Show-Me Neighborhood Art Week — This new statewide art program celebrating public art and an increased sense of belonging as a result of this event. Had hundreds of participants, including 73 art installations statewide.



CONTRIBUTION

Missouri Good Neighbor Week— statewide we document 31,129 acts of neighbor between Sept. 28 and Oct. 4 with reports from every county in region.

Wont You Be My Neighbor Day — Has become a national effort to celebrate Mister Roger’s birthday. KY3 was a key partner in promoting this regionally.

“Join or Die” movie — Did total of 12 showings of this documentary with nearly 500 participants before it went to Netflix.



LEADERSHIP

Neighborhoods USA — Presented two workshops on neighboring at the national conference and two students in Neighboring 101 won national awards.

Be a thought leader — Wrote 72 newspaper and magazine columns in 2024.

Springfield Neighborhoods—Helped with annual training and support.

Neighborhood Leadership Academy—The Southwest Missouri cohort had 7 participants this year. We also celebrated completion of 6 projects from 2023.



VITALITY

Coaching / Pledge / Newsletter — Advised 52 individuals on a neighborhood events nationwide.. Media efforts related to neighboring resulted in over 1 million impressions on social media and perhaps as many in traditional print and television. Had 124 people take the Engaged Neighbor Pledge this year.

National Movement—Was asked to speak in three different states (Michigan, New York & Colorado) on developing a good neighbor week.

Springfield Culture Fest — Council supported this new effort in Springfield.



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Lawrence County

Business and Community

Profiles and Stories

Southwest Missouri Led the Way During Neighbor Week

Counties in Southwest Missouri were well represented during Missouri Good Neighbor Week. Statewide, projects organized by county extension councils reached over 14,000 individuals. The following county councils reported doing a community service activity during the week.

Barton 85 | Barry 2 | Cedar 75 | Dade 300 | Dallas 50 | Douglas 325 |
 Greene 525 | Jasper 12 | Lawrence 65 | Stone 45 | Texas 60 |
 Webster 45 | Wright 100

Be My Neighbor Day 2024

KY3 partnered in helping us celebrate the birthday of Mister Fred Rogers on March 20. We also used the week to encourage membership in Springfield Neighborhood Associations. Over 750 people reported doing an act of kindness for their neighbor to celebrate the day. Local individual participation included:

Barton 8 | Barry 6 | Christian 102 | Dade 11 | Greene 323 | Lawrence 49 |
 Newton 5 | Stone 38 | Taney 49 | Texas 16 | Webster 68 |

“Join or Die” Movie Screenings

Did 12 showings of this documentary with a total attendance of 523 participants in 2024. Attendees have reported joining clubs as a result, and at least one attendees is working on forming a Rotary Club in Republic. Local individual attendance included:

Barry 8 | Christian 82 | Dade 7 | Greene 302 | Jasper 6 | Lawrence 39 |
 Newton 4 | Polk 14 | Stone 18 | Taney 7 | Texas 4 | Webster 14

Totals Acts of Neighboring During the Week Reported From These Counties in SW Region

Barton 12 | Christian 24 | Dade 14 | Greene 4140 | Jasper 16 |
 Lawrence 29 | Newton 8 | Polk 22 | Stone 18 | Taney 24 | Texas 3015 |
 Webster 16 | Wright 12





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Lawrence County

Business and Community

Profiles and Stories

Neighboring 101

Neighboring 101 is not just for new homeowners or people new to community life. This ongoing monthly program (started in 2020) is for anyone wanting to improve their neighborhood and community or their personal life and health. *One-time \$25 enrollment fee.*

Get Started With These Steps

1. Visit [extension.Missouri.edu](https://extension.missouri.edu) and register for Neighboring 101.
2. Receive an exclusive newsletter with links to videos of all past classes.
3. Attend monthly sessions live to ask questions. Class is the third Thursday of each month at 12 pm (CST).
4. Access exclusive materials and resources for the Engaged Neighbor network.
5. Take what you learn and improve your neighborhood, your community and yourself.

What Others Have Said

“Every month I learn something that I can apply in my neighborhood.” – Laura

“This program has inspired the work we are now doing in my community.” – Jen

“Every month I say that is the best speaker we have had but then the next one is better. Every month I am inspired.”- Chet

Contact David Burton at burtond@missouri.edu

Program Enrollment for 2024 totaled 832 including these counties (and number enrolled).

Barton 2 | Barry 2 | Cedar 4 | Christian 18 | Dade 4
 Douglas 2 | Greene 189 | Jasper 12 | Lawrence 9
 McDonald 3 | Newton 2 | Ozark 1 | Polk 2 | Stone 8
 Taney 9 | Texas 6 | Webster 8 | Wright 2

Guests have included practitioners, authors and leaders in the neighboring movement



Majora Carter



Dave Runyon



Seth Kaplan



Melody Warnick



Mike Mather

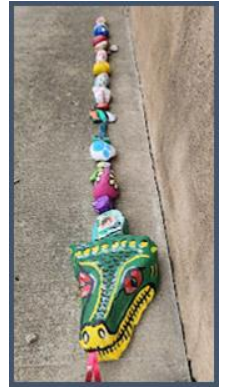


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Lawrence County

Business and Community

Profiles and Stories



Show Me Neighborhood Art Week is a University of Missouri Extension art-focused outreach program that strives to promote creative expression and public art made by residents, regardless of their skill level, as a contribution to the community's sense of place and residents' sense of belonging. The program goals are to:

- Promote the engagement of neighbors;
- Foster a sense of belonging and inclusion within communities; and
- Use art as a tool to increase the sense of belonging.

We promoted and solicited participation in our pilot Show Me Neighborhood Art Week statewide. After creating an online map of sites registered, statewide viewing was June 1-15, 2024. Participants were sent yard signs to display next to their installations.

- The program had participation from every extension region.
- 73 total registered sites and 1,182 registered voters.
- 293 participants signed up for the Engaged Neighbor newsletter.
- Over \$3000 in prizes for regional winning artists was distributed.
- 72% of participants in Show Me Neighborhood Art Week reported an increased sense of belonging and love for the communities by participating.

Regional participation (artist and/or participant) was as follows:

Barton 12 | Barry 6 | Christian 24 | Dade 14 | Douglas 4 | Greene 389 | Jasper 8 | Lawrence 29 | McDonald 12
 Newton 21 | Stone 28 | Taney 49 | Texas 16 | Webster 38 | Wright 22





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Lawrence County

Business and Community

Profiles and Stories

Missouri Good Neighbor Week 2024

Snapshot of Results



Named "Neighboring Program of the Year" in 2023 by Neighborhoods USA



82 +

Service Events

These groups — including 67 MU Extension county councils — worked together to serve their neighbors.



7891 +

Visitors to website

to learn more about what it means to be an engaged neighbor in Missouri.



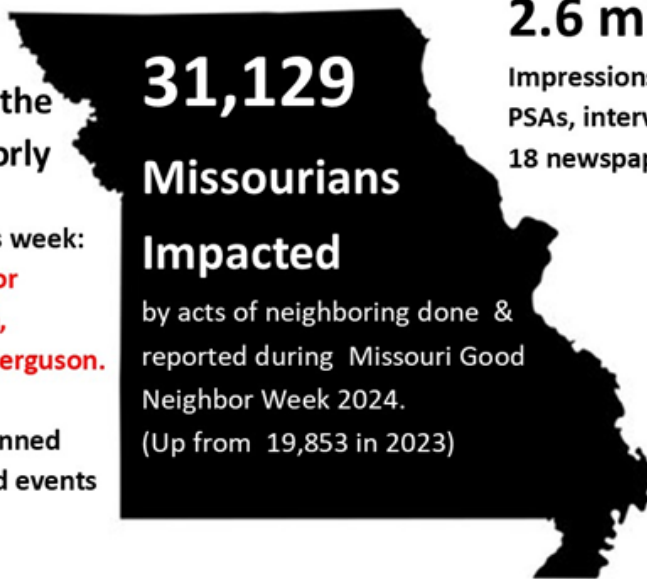
5 Cities

were named the most neighborly

Based on points accumulated this week:

Houston, Excelsior Springs, Sikeston, Springfield and Ferguson.

13 Cities also planned neighbor-focused events or campaigns.



31,129

Missourians

Impacted

by acts of neighboring done & reported during Missouri Good Neighbor Week 2024.

(Up from 19,853 in 2023)

2.6 million

Impressions from TV PSAs, interviews, radio, podcasts & 18 newspaper columns statewide.



13

proclamations done by towns and cities in support of Missouri Good Neighbor Week.

122

People were nominated as one of Missouri's **Most Engaged Neighbor.**

Missourians really appreciate neighbors that go the extra mile.



2896

People involved in an **act of neighboring.**

Everything from mowing yards to delivering cookies to first responders. Many times more than one person was involved.

<http://missourigoodneighborweek.com>



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



Strengthening Families Program: for Parents and Youth 10-14, is a seven-session series for parents or caregivers and their young teens to attend together to improve family communication, resolve conflict and improve parental skills.

A research study conducted by the Partnerships in Prevention Science Institute found a RETURN OF \$9.60 for every dollar spent implementing the Strengthening Families Program.



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.



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.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



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



The Law Enforcement Training Institute (LETI) has provided basic and advanced training for law enforcement since 1948. LETI's **Basic Peace Officer Academy** exceeds the 600 hours of training required for licensure in Missouri. From 2019 through 2023, the basic academy has licensed almost 300 peace officers, more than any other academy in the state. During that time, all but one graduate became employed by a law enforcement agency. LETI graduates come from around the state and return to their communities to serve and protect.



The programming from the **MU Fire and Rescue Training Institute** (FRTI) is available to all qualified fire and emergency first responders. Seventy percent of courses are held at the local departments or agencies. With most of the state's fire service personnel considered volunteer or part-time, this local access and flexibility assures training opportunities for all firefighters and emergency responders.



The **Missouri Extension Disaster Education Network** provides education and technical assistance to individuals and families, local governments, schools and organizations so they can prepare for and respond to natural and man-made disasters. Because of the unique relationship it maintains with each community, MU Extension is a key resource for the public, emergency services and public officials.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

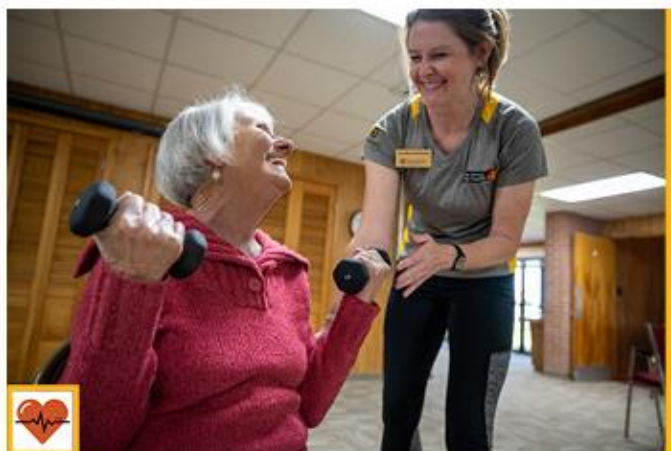


MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Health and Human Sciences**



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.



Stay Strong, Stay Healthy teaches older adults basic exercises to boost strength, balance and overall daily functionality. Participants also gain insights into nutrition and wellness for healthy aging and active living.

After eight weeks, Stay Strong, Stay Healthy participants significantly IMPROVED their STRENGTH, BALANCE and SLEEP QUALITY.



Policy, systems, and environmental (PSE) changes encourage residents to improve community health by making healthy choices easier and more accessible. Residents design strategies around local needs, assets, and interests.

HELPING HANDS FOOD PANTRY leaders decided pantry clients needed access to healthier foods. Review of food procurement and display practices led to a new policy allocating **\$1,000** of pantry discretionary spending for **LOW-FAT DAIRY OR FRESH PRODUCE.**

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Lawrence County

Health and Human Sciences

Local Impact

SNAP-Ed Public Value Statement 2024

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,145,237 in federal funds to Missouri. The funds support engagement with 74,864 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active and healthy eating on a budget. This year we had 1,164,143 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

1529 direct and 3840 indirect contacts were made in Lawrence 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.

Agencies in Lawrence Count impacted by SNAP-Education: Miller Elementary, Mt. Vernon Early Childhood Center, Mt. Vernon Elementary, Parents as Teachers Pre-school Verona, Pate Elementary, Robinson School, Verona Elementary, Miller Christian Service Center, St. Susanne Food Pantry, Miller Pantry.

"In one of Choosing Foods for Me lessons at Central Elementary in Miller, I introduced the kids to parsnips. They were given the opportunity to taste them, along with carrots, to identify the similarities and differences of the two. The students, nor the teacher, had ever tried parsnips before. Although the students sampled them raw, we discussed several ways they could be prepared. The next week, the teacher was so excited to tell me she had made a vegetable soup and included parsnips. She went on to say that it was also the first time her husband and her mother had ever tried them." ~ Melissa Briggs



Children gardening at the Aurora Community Garden use grant funded gardening equipment they received.



Lawrence County

Health and Human Sciences

Local Impact

Mental Health and Well-being

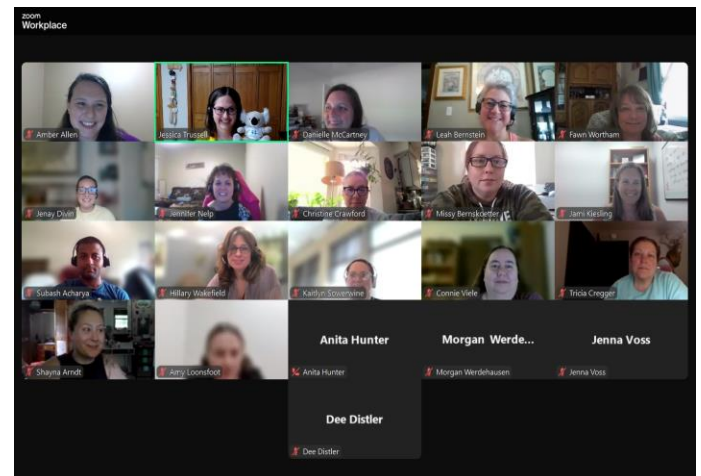
Programs focused on mental health and well-being are needed in Missouri. Data shows that in a month in Southwest Missouri, the average number of poor mental health days is 5.8, and 5.3 days per month for Missouri statewide, both higher than the national average of 4.9 days per month of poor mental health days.

Programs I taught this year to promote mental health and well-being include:

- Adult Mental Health First Aid
- Youth Mental Health First Aid
- QPR
- Mental health awareness presentations.

Through these 14 educational programs and events related to mental health and well-being, **1,923 Missourians have been impacted.**

Through MU Extension, we empower community members to prioritize their mental health and well-being and extend that care to their family, friends, and community.



Tai Chi: Ancient Wisdom for Arthritis and Fall Prevention

- July 22, 1:30 – 2:30 pm
- 60-minute workshop with tai chi exercise session
- Shared a brief history and benefits of tai chi
- Barry-Lawrence Regional Library, Monett
- 7 participants

“We’ll add tai chi to our exercise routine!”

Lawrence County

Health and Human Sciences

Local Impact

Healthy Aging in Southwest Missouri

Jamie Eggerman, Nutrition and Health Education Specialist

Relevance

Falls are the leading cause of injury and death among adults aged 65 and older, as reported by the CDC. In Southwest Missouri, approximately 167,828 individuals (18.31% of the population) are aged 65 or older. This highlights the critical need for fall prevention programs and initiatives that support independent living within our communities. Motivated by this, I sought opportunities to engage with local residents, provide them with the tools necessary to reduce the risk of falls and promote healthy aging.

Response

Through a variety of outreach efforts, I was able to impact over 250 individuals, ages 65 and older, through 50 sessions. A key event was the Freeman Health Fair, where I reached more than half of these individuals, focusing on fall prevention. During the event, I conducted balance assessments and discussed the importance of strength training in reducing fall risk. As a result, 20 participants committed to incorporating balance exercises into their weekly routines.

The Stay Strong, Stay Healthy program is an in-person strength training class that spans eight weeks and includes 16 sessions. The program is designed to engage participants in exercises that are proven to enhance muscle strength and help individuals maintain their independence for longer.

Together with my colleagues, Hannah Whittaker and Eden Stewart, we facilitated several Stay Strong, Stay Healthy classes. Participants were highly motivated and committed to their personal progress throughout the course. By the final weeks, many participants were brainstorming ways to continue the practices they had learned and expressed interest in additional classes. We have received multiple requests to schedule more sessions in the future.

Results

All participants in the Stay Strong, Stay Healthy program completed pre- and post-surveys, and the feedback was overwhelmingly positive. However, the most rewarding aspect was hearing firsthand accounts of their personal growth. Participants shared stories about improvements in everyday activities, such as tying their shoes with greater ease, and expressed statements like, "I feel stronger." These personal experiences not only highlighted the success of the program but also fostered a sense of community among participants. Some individuals even discussed the possibility of carpooling to a future class in a neighboring area.

Sources:

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https://www.census.gov/content/dam/Census/library/publications/2018/acs/acs_general_handbook_2018_ch01.pdf

