



UNIVERSITY OF MISSOURI EXTENSION

# Lincoln 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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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



Charles Ellis  
Field Specialist in Agricultural Engineering

Rhonda Shafer  
Field Specialist in 4-H Youth Development

Lauren Richardson  
Nutrition Program Associate

Jessie Damron  
Office Support

Elizabeth Anderson  
Extension and Engagement Specialist

Rusty Lee  
Field Specialist in Agronomy

Justin Key  
Field Specialist in Horticulture

Tyler Hall  
Field Specialist in Nutrition and Health

Mary Sobba  
Field Specialist in Ag Business

Daniel Mallory  
Field Specialist in Livestock

Matthew Herring  
East Central Regional Director

## Council members

Sharon Keim, Chairman

Allison Koehler, Vice-chairman

Anna Noxon, Secretary

Michael Schieffer, Treasurer

Tony Ryan

Nancy Sulin

Melissa Skibinski

Tim Kemper

Joseph Kaimann – Commissioner

Steven Jones – City of Troy

Richard Hardy – Farm Bureau

## County commissioners

Joseph Kaimann,  
Presiding Commissioner

Mike Mueller,  
Associate Commissioner District 1

Matt Bass,  
Associate Commissioner District 2

# Budget and more

## Appropriations budget

### Income

County Appropriations 77,500

### Expenses

Salaries/Benefits 51,401

Travel 3,924

Telephone 2,100

Postage 3,400

Office Supplies/Service 3,350

Utilities 3,000

Contract Services 6,500

Insurance 3,500

Capital Repairs 4,500

**Total Expenses 77,500**

# Keep up with MU Extension in Lincoln County!

Check out our website:

<https://extension.missouri.edu/counties/lincoln>



## Follow us on Facebook!

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



## Local Support

Did you know you can donate directly to Lincoln 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.

# UM System County Impacts

2025 UM Systemwide Impact Data Sheets

## Lincoln County



University of Missouri System  
COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

### UM System Footprint in the county in 2024



#### FY24 county students

##### 387 students

- 330 Undergraduates
- 57 Graduate and professional students
- 286 Full-time students
- 101 Part-time students
- 87 Pell grant recipients (aid year 2024)



#### County employees and retirees

##### 50 people employed by UM

- 39 Campuses
- 10 MU Health Care (includes additional employees gained via the recent integration of Capital Region Medical Center)
- 1 UM System

12 UM retirees and beneficiaries

UM salary and retirement income: \$2.1 million

UM state tax revenue: \$57,730

UM federal tax revenue: \$274,603



#### County alumni

##### Selected school alumni

- 7 Medicine
- 153 Nursing
- 66 Health Professions
- 11 Dentistry
- 5 Pharmacy
- 2 Optometry
- 31 Veterinary Medicine
- 310 Agriculture
- 233 Engineering
- 23 Law

##### Alumni teaching K-12

- 158 teachers
- 22.1% of all district teachers
- 9 principals and administrators
- 20.9% of all district principals and administrators



#### County breakdown

##### MU

- 190 students
- 934 alumni
- 26 employees

##### UMKC

- 22 students
- 54 alumni
- 1 employee

##### Missouri S&T

- 63 students
- 201 alumni
- 3 employees

##### UMSL

- 112 students
- 884 alumni
- 9 employees



#### County properties and offices

MU Extension in: Lincoln County



County population: 61,636



#### County services provided

##### Health care (FY24)

- 334 in-state patients seen at MU Health Care, with \$93,897 of uncompensated care
- 14 in-state patients seen at UMSL Center for Eye Care with a statewide average of \$32.18 per patient in uncompensated care
- 2 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 348 visits to 205 patients having ZIP codes associated with the county

##### Extension (2023)

- 3,804 Total educational contacts from MU Extension to residents of the county, including:
- 2,128 contacts related to productive farming, better gardening, and managing natural resources
- 926 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 67 contacts related to starting businesses, developing community leaders, or renewing the local economy

# UM System County Impacts

2025 UM Systemwide Impact Data Sheets

## Lincoln County



University of Missouri System

COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

### 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.

**\$3.1**  
billion

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)

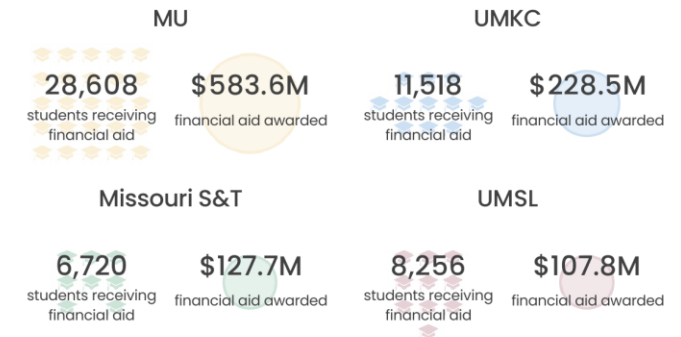


210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

#### 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

LINCOLN 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: *Business Dynamics*

#### Business Growth/Change

The rate of business change reflects the net gain or loss in total establishments. The report area saw a net gain of 119 businesses between 2011 and 2021. There were 1,066 establishment "births" and 947 "deaths" contributing to the change. The rate of change was 14.44% over the ten year period, which is higher than the state average of 9.32%.

#### Establishment Net Change Rate

14.44%

Lincoln

Missouri

9.32%

Data Source: US Census Bureau, [US Census Business Dynamics Statistics](#). 2011-2022.

#### Largest Job Sectors

Understanding the local economy is vital to describing a community. In this region, the largest sector by employment size is Government and government enterprises, which employs 2,436 people. The average wage for the industry is \$63,355. Retail trade and Construction are the next largest sectors, and they employ 2,410 and 2,253 workers, respectively.

Job Sector	Total Employment	Average Wage
Government and government enterprises	2,436	\$63,355
Retail trade	2,410	\$29,913
Construction	2,253	\$41,021

Data Source: US Department of Commerce, [US Bureau of Economic Analysis](#). 2022.

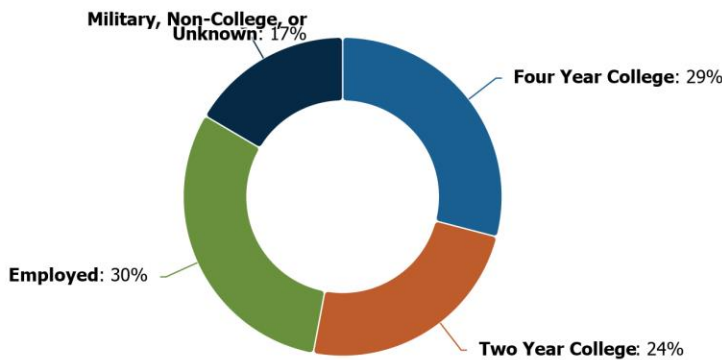
# Grand Challenges



## CHALLENGE 2: Educational Access and Excellence: *College and Career Readiness*

### Post High School Report

The 12-month post-graduation activity of recent high school graduates can inform communities about postsecondary education, career readiness, and characteristics of the future workforce. In 2022, of 623 graduates surveyed in the report area, 181 went to a four-year college, 149 to a two-year college, 190 directly entered the job market. The remaining 103 are reported as in the military, not in college, or unknown.



Data Source: [Missouri Department of Elementary & Secondary Education](#). 2022.



## CHALLENGE 3: Healthy Futures: *Mental Health*

### Deaths of Despair

Untreated mental health conditions, substance abuse, and stress have caused an epidemic of "deaths of despair" across the United States. Research shows that deaths due to suicide, alcohol-related disease, and drug overdose have caused the first decreases in U.S. life expectancy in the 21st century. Within the report area there were an estimated 238 deaths of despair, or 59.16 deaths per 100,000 population between 2011 and 2017. This rate is higher than the state rate of 52.01 per 100,000, and represents an increase of 20.44% since the 2001-2007 report period.



Data Source: Centers for Disease Control and Prevention, [CDC - National Vital Statistics System](#). Accessed via [CDC WONDER](#). 2014-20.

### Poor Mental Health Days

Self-reported mental health status is a widely used measure of health-related quality of life. In 2018, adults in the report area averaged of 5.4 mentally unhealthy days per month, which is higher than the state average of 5.3. This measure of mental health status has worsened since 2014, when adults in the report area averaged 4.2 mentally unhealthy days per month.

#### Average Poor Mental Health Days per Month, 2018



Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via [County Health Rankings](#). 2021.



# Grand Challenges



## 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

21.5%

Lincoln

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

14.5%

Lincoln

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.



**4-H In-school clubs** meet during the school day. Members participate in projects that supplement their existing lessons. Clubs may meet for short periods or span the full 4-H program year. Members can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.



A **SPIN club** focuses on a specific topic led by an expert in the field. While community clubs may meet over the full 4-H program year, SPIN clubs meet for set periods, typically from several weeks to a couple months. SPIN clubs can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.

### Legend



Agricultural Growth  
& Stewardship



Economic  
Opportunity



Educational  
Access &  
Excellence



Health  
& Well-Being

# Lincoln County

Missouri 4-H

## Local Impact

### 4-H Youth Development

Missouri 4-H is a vibrant, dynamic community of young people who are learning, thriving, and preparing to be the leaders of today and tomorrow – making a real impact in their community, country, and world. The vision of 4-H is to create a world in which youth and adults learn, grow, and work together for positive change. **During the 2024 4-H program year, Lincoln County had 478 members enrolled in 10 4-H clubs making it one of the highest 4-H enrollments in the state.**

### County Archery Meet

Members competed in the county archery meet receiving medals and ribbons which then qualified them to compete at the state contest in Columbia, MO. Several Lincoln County members placed in the top 10.



# Lincoln County

Missouri 4-H

## Local Impact

### 4-H Sunday

An event brought back this year was 4-H Sunday to kick off National 4-H Week. Thirteen members attended Friedens United Church of Christ and gave a program on 4-H.



### Open House

A 4-H open house to recruit new members was held at the Extension Office with 55 in attendance. Volunteer project leaders shared information about their various projects including shooting sports, rabbits, and poultry.

# Lincoln County

Missouri 4-H

## Profiles and Stories



### 4-H King & Queen

A coronation ceremony was held prior to the swine show at the Lincoln County Fair where Rosalyn Warmke was crowned as the 2024 Queen while Ezekiel Grimstead was named King. Candidates must complete an application, take a 4-H Quiz, participate in community service and do a demonstration. The Clover Kid Prince was JJ Pope. Clover Kids are chosen at random from those registered at the coronation.



### 2024 Friend of 4-H

The Lincoln County 4-H Council recognizes individuals that have significantly contributed to the county 4-H program. Bobby Schniedermeier was recognized as the 2024 Friend of 4-H. He has been a shooting sports leader for 18 years instructing members in air rifle, air pistol, shotgun, smallbore rifle, and smallbore pistol.



### Outstanding 4-H'ers

4-H members were recognized for their participation and leadership at the annual 4-H Recognition Night held at the Lincoln County Fairgrounds.



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



**The Missouri Master Gardener program**

enables people of all ages to get in-depth horticultural training and then apply what they've learned to improve their communities and educate others about gardening.



**In 2023, almost 4,000 Missouri Extension Master Gardeners completed over 149,000 VOLUNTEER HOURS throughout the state.**



**The Missouri Show-Me-Select Replacement Heifer Program**

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



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



**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.**

**Legend**



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

# Lincoln County

## Agriculture and Environment

### Local Impact

Here are a couple Quad County Beekeeper Club pictures from 2024. In a typical monthly meeting, we discuss and share details on a specific beekeeping topic or provide educational information to new or inexperienced beekeepers regarding the care of bees through the seasons.

The picture to the right shows Quad County Beekeepers President Michael Koby discussing the color and taste differences of the honey shown during our annual honey tasting meeting in September. In this meeting we compare the honey harvests and honey related products made by various club members.



The picture to the left is of a hands-on training session at our club hives that were introduced recently as an Eagle Scout project. These hives are now maintained by the Quad County Beekeepers as an educational apiary.

# Lincoln County

## Agriculture and Environment

### Profiles and Stories

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

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

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

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

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

The 2024 school attendance totaled three hundred fifty people. The participants were from throughout Missouri.



Two Lincoln County residents attended Extension Tax Schools in 2024



# Lincoln County

## Agriculture and Environment

### Profiles and Stories

In 2024, there were 2,565 direct contacts from 38 educational programs that Justin organized or co-taught. Participants in these in-person and online programs are actively engaged in the learning process. Programs were in-person and online. Programs included home vegetable gardening, commercial fruit and vegetable production, on-farm produce safety tours and trainings, value-added agriculture workshops, selling local foods workshops, grant opportunities for small farmers, soil fertility management, integrated pest management, and many more. There were 475 requests for horticulture information through calls, emails, walk-ins from 39 Missouri counties. Justin performed 22 farm visits across the Northeast and East Central regions to help small farmers solve crop production problems on their farms.

Online programming through webinars, videos, and e-newsletters has a state and national reach. The monthly Missouri Produce Growers Video Newsletter reaches over 1100 subscribers every month with a 155 increase in subscription during 2024. Topics include fruit and vegetable production, small farm business management, pesticide safety, produce safety regulations, invasive pests, and more. Twenty-three educational videos were created and hosted on the MU IPM Youtube Channel. Videos from the newsletter received over 36,744 views in 2024.

Participants who engaged in horticulture programming learned about insects, weeds, diseases, soil health and fertility, general plant care, and variety selection. Small farmers learned how to increase their fruit and vegetable yields, grow their farm revenue, and protect Missouri's natural resources.

- Justin connected 7 small farms with MU Center for Regenerative Agriculture grant opportunities, who received a total of \$35,000 to support conservation projects on their farms.
- One-hundred and thirty-four fruit and vegetable farmers were trained on the Produce Safety Rule Food Safety Modernization Act. This training satisfies a regulatory requirement of the Food and Drug Administration.

### Expanding Value-Added Production in Missouri

Adding value to fresh fruit and vegetables by processing them into finished products such as juice, ready-to-eat meal kits, sauces, and jams can help small farmers increase farm revenue and grow their farm businesses. This can allow growers to hire more staff and contribute more to the local economy. Justin hosted two all-day workshops to help producers understand marketing opportunities, food safety, and regulatory compliance to help producers bring their products to market.



# Lincoln County

## Agriculture and Environment

### Profiles and Stories



The LCMG had a great year. In January we sent out information about the scholarships we offer to all the high schools and the head of the home-schooling program in the area. We offer 2 students \$500 each towards their colleges in a related field. We awarded them in April. We also had an informational table set up that month at the Exploring Nature Family Field Day held in Troy, MO. Our plant sale was held at the end of April, which was another successful event.

The Food Safety and Modernization Act Produce Safety Rule places regulatory requirements on produce growers to ensure consumers are provided with safe produce, free of common pathogens such as e. coli and salmonella. In partnership with Missouri Farmers Union, Justin hosted four on-farm produce safety tours, where participants learned how to implement federal regulatory requirements on their farms and to ensure the produce they provide to consumers is safe. In addition to on-farm tours, Justin helped train 134 growers during six separate Food Safety Modernization Act Produce Safety Rule trainings.



We planted and maintained our demonstration garden at the Health Center over the summer and are hoping to expand it in the future. One of our members was also a judge of the fruits and vegetables at the IL state fair. We are super excited to have our Christmas party at a member's house next month and are looking forward to an even more rewarding year in 2025!



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

**“TAAF funds enhanced our ability to rival our competitors. Now we are proficiently showcasing our American products and feeling stronger in the marketplace.”**

**Nancy Montgomery,  
Tacony Manufacturing  
St. James, MO**



The **Mid-America Trade Adjustment Assistance Center** (TAAC) administers TAAF, a program funded of the U.S. Department of Commerce’s Economic Development Administration. TAAF’s mission is to boost American manufacturers’ ability to compete in a global market, strengthen operations and improve profitability, thereby increasing U.S. jobs. Mid-America TAAC assists manufacturing firms in Iowa, Kansas, Missouri and Nebraska.

**Mid-America TAAC reported that client sales revenues were more than \$2 BILLION IN 2022.**



## **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.**

## Legend



Agricultural Growth & Stewardship



Economic Opportunity



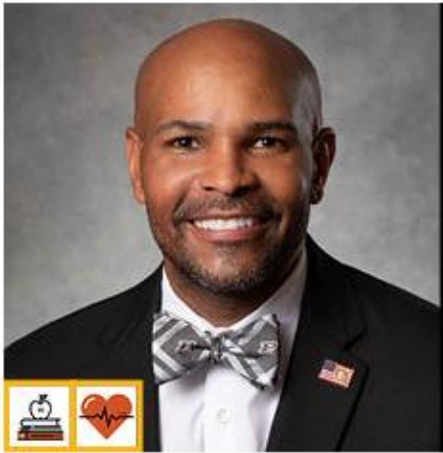
Educational Access & Excellence



Health & Well-Being



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



The **Show-Me Resilience** project focuses on strengthening resilience across Missouri. As part of this initiative, the Community Health Engagement and Outreach program hosted the Rural Resilience Lecture Series in 2024, highlighting how building resilience can reduce substance misuse and substance use disorders. The series concluded with a keynote from Dr. Jerome Adams, former U.S. Surgeon General, on fostering resilience in rural communities.

**In the past two years, 274 people attended the lecture series. Among participants, 93% reported that the information was applicable to their daily work and useful.**



**PROSPER** is a research-supported approach that promotes positive youth development and strong families through lifeskills education that increase protective factors and reduces risky behaviors among teens. Through a campus-community partnership, PROSPER Teams are created to support the implementation of two evidence-based programs with middle school students and their families.

**"They have the old saying it takes a village to raise a child, the more the community comes together the better off the children are going to be in that community."**

**Peggy Saphian PROSPER Model Participant in Fredericktown, MO**



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

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

## 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 **Fire Service Leadership Enhancement Program** (FSLEP) prepares fire and emergency service leaders for the opportunities and challenges they will face. For 22 years, the MU Fire and Rescue Training Institute has partnered with the Missouri Association of Fire Chiefs and the Missouri Association of Fire Protection Districts on this program.



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**



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

**“Understanding that divorce doesn’t ruin children, but parents can significantly influence positive outcomes through good communication, was invaluable.”**



**Building Strong Families**

Studies show that people with strong family bonds tend to have lower stress levels. Building Strong Families helps families deal with disagreements, manage stress and show their love for one another.



**Cooking Matters**

*Make quick, tasty, and affordable meals everyone will enjoy.*

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

**“We prepared barley jambalaya in class and one participant mentioned she had never tried barley before. She tried the jambalaya and really enjoyed it. A few days later she excitedly said she made the recipe at home and her whole family enjoyed it!”**

**Cooking Matters facilitator about a class participant**

**Legend**



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

# Lincoln County

## Health and Human Sciences

### Profiles and Stories

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 eating healthy on a budget. This year we had 1,164,143 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline. There were 6,549 direct and indirect contacts made in Lincoln County.

Participants in SNAP-Ed learn the importance of making healthier meal 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 the healthy labor force and enjoy a high quality of life throughout their 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.

Lauren Richardson is the Nutrition Program Associate who served Lincoln County in 2024. Below is one of several success stories to come from Lauren's hard work and dedication to serving Lincoln County.

This year Bridge of Hope Homeless Shelter opened. Next door, the Lincoln County Health Department has a community garden and allowed the shelter to use one of the plots to garden. Starting, managing, and caring for the garden was a process that had to be established and met with some challenges. The residents began to grow excitement in gardening and looked forward to participating.

Following the last class one of my participants asked to speak to me. She explained that she has learned so much from this class and didn't realize that she could even garden. She explained that this class has helped her learn the skills for gardening, living healthier, and it has helped her manage stressors. Her family finds gardening an enjoyable activity to do together. The gardening program at this site was a learning process as we discussed.

The Lincoln County Health Department Public Health Educator reached out to me by e-mail with positive feedback, "I heard great things about the gardening class with BoH, it makes my heart happy to hear that progress. Slow, but great progress. Jessica even mentioned in our board meeting that the residents really enjoyed it". Jessica Trachte is the BOH program manager.

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### Profiles and Stories

#### Cooking Matters

As part of the No Kid Hungry campaign to end childhood hunger in America, Cooking Matters teaches people how to shop smarter, use nutrition labels to make healthier choices, and cook tasty, affordable meals. Cooking Matters offers six-week courses for adults, teens, and children who want to learn how to prepare healthy meals on a budget. Participants gain skills to shop wisely, understand nutrition information, and make meals that are both healthy and affordable. In 2024, 12 Cooking Matters sessions reached 32 different participants for a total of 172 contact hours in Lincoln County through the Lincoln County Council on Aging.



*"After taking this class, I feel like a new person. I'm reading labels at the store, planning my meals ahead, and using fresh ingredients. My doctor even noticed the changes – I've lost weight and improved my blood sugar levels. I feel so much better about the way I'm feeding my family."* – Cooking Matters participant.

After completing the six-week course, participants said they learned skills to make healthier meals, improve their family's diet, shop smarter, and lower their food costs. They also said they eat more fruits and vegetables and feel more confident about stretching their food dollars. Many participants reported that these skills helped them better manage health conditions like diabetes and heart disease. Better eating habits from Cooking Matters have the potential to save \$300 per person per year in healthcare costs. These savings show how the program helps prevent costly diet-related diseases like diabetes, high blood pressure, and heart disease by teaching participants how to live healthier lives.

Lauren is pictured to the right working with kids as part of the Kids in the Kitchen program.

Kids in the Kitchen encourages young people to eat healthier meals and snacks as a result of hands-on cooking experiences.

