

UNIVERSITY OF MISSOURI EXTENSION

# Nodaway County

## 2023 ANNUAL REPORT

Nodaway County Administration Center  
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Office of Extension  
and Engagement  
*University of Missouri*

**OFFICE OF THE VICE CHANCELLOR  
FOR EXTENSION AND ENGAGEMENT**

108 Whitten Hall  
Columbia, MO 65211

PHONE 573-882-2394

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

December 2023

Dear county commissioners and friends of MU Extension and Engagement,

Thank you for your important partnership with the University of Missouri Extension this past year.

I want to highlight three areas that address needs you helped us identify.

You may recall that the FY 23 state budget provided a one-time \$5 million infusion to MU Extension for growth. Of that, we allocated about \$3 million for field faculty in the areas of agriculture, 4-H, health/human development and business and community development.

Through a dedicated hiring effort, and thanks to that allocation, we have hired 168 new employees since November 2022. That includes 72 academic/faculty members, most of whom are field specialists in a priority area noted above, and 96 staff members (e.g., office administrators, youth and food and nutrition associates, etc.).

We also returned more faculty to local program delivery that best serves your county's needs, while preserving the partnership and relationship building work you value. Our extension and engagement specialists focus full-time on that work as they serve their assigned multi-county groups. Currently, 19 have been hired, with two more in the pipeline.

Finally, we are prioritizing our work with county extension councils. In the new role of partnership and council development director, Lorin Fahrmeier focuses on strengthening council representation and governance. This role will build stronger links with regional, educational and campus leadership to better identify and address local priorities.

At the UM System level, our engagement work across four universities and with leaders across the state makes a difference in areas of greatest need: broadband, workforce development, health access, food security and healthy futures for our youth.

Your county annual report shows what we are accomplishing together as we Serve Missouri and Deliver Mizzou. We look forward to strengthening that partnership with county commissioners and community stakeholders in the coming year.

Sincerely,

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



# Who we are

Dear Nodaway County Commissioners and Residents,

It is our pleasure to present you with a copy of the 2023 Annual Report compiled by the Nodaway County Extension Council. We are excited to give you a short overview of the educational programs conducted by extension specialists for Nodaway County citizens.

The Nodaway County Extension Council, faculty and staff would like to thank the county commissioners for their support and funding for extension programs. This funding enables Nodaway County Extension to remain committed to the MU Extension Mission; to serve Missouri by extending research-based knowledge and problem-solving resources of the University of Missouri System to people throughout the state. We would also like to thank volunteers who make our programs successful.

Please take a few minutes to read through the 2023 Annual Report. Several programs from the past year are highlighted. We are committed to serving Nodaway County residents by helping them be healthy, profitable and involved citizens.

Sincerely,

Randa Doty  
Extension Engagement Specialist

Rod Barr  
Council Chairperson

University of Missouri, Lincoln University, U.S. Department of Agriculture and Local Extension Councils Cooperating  
EQUAL OPPORTUNITY/ADA INSTITUTIONS



## 2023-24 Nodaway County Extension Council

Rod Barr, Chairman  
Bridget Kenny, Vice-chairman  
Jackie Baker, Secretary  
Scott Walk, Treasurer

Ethan Boss, Member  
Nick Freeman, Member  
Nicki Honan, Member  
Zach Lemar, Member  
Garrett Louiselle, Member  
Leon McIntyre, Member  
Glenna Schantz, Member  
Dillon Stiens, Member  
Selina Talmadge, Member  
Chris Wallace, State Advisory Board & Regional Extension Council Representative

# Who we are



## Nodaway County Extension

403 N. Market, Room 308,  
Maryville, MO 64468  
(660) 582-8101

Office Hours: M-W 9:00 a.m. - 12:00 p.m.  
and 1:00 p.m. - 4:30 p.m.  
Th-F by appointment

## Specialists & Educators

### NUTRITION AND HEALTH

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MU Extension in Nodaway County

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### AGRICULTURAL ENGINEERING

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### EXTENSION & ENGAGEMENT

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# Budget and more

## 2023 Appropriations budget

### Income

County Appropriations	33,000
Phone (County Direct Pay)	550
Investment Income	100
Messick Trust	3,000
<b>Total Income</b>	<b>\$36,650</b>

### Expenses

Salaries/Benefits	17,522
YPA Expenses	6,843
Adv/Marketing/Postage	900
Printing/Supplies/Services	3,085
Travel	3,500
Telephone	550
Insurance	3,000
Capital Repairs	1,250
<b>Total Expenses</b>	<b>\$36,650</b>



MU Extension Faculty Serving Nodaway County – Front Row (L-R) Debbie Bennett, Katie Pemberton, Val Pickering, Shanda Keirse, Randa Doty, Gwen Funk, Back Row (L-R) Amie Schleicher, Annette Deering, Rachel Brown, Denice Ferguson, Wayne Flanary, Jim Crawford, Deb O'Neal.



The Nodaway County Extension Council and Staff partnered with the Northwest Family Resource Association during Missouri Good Neighbor week to make 15 goody bags for foster care case workers. Fifteen foster care case workers were impacted by this donation. One of the case workers said, "in the 21 years she has worked there she didn't think they had ever received something like this morning!"

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



## Local Support

Did you know you can donate directly to Nodaway 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.



# Missouri 4-H Positive Youth Development

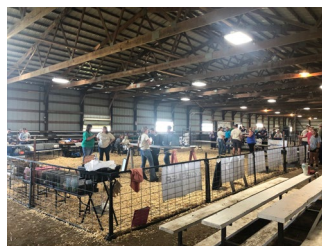
## Working Together: Missouri 4-H and Bangladesh Nutrition Clubs

The “Working Together” program was an international effort to engage youth ages 12-18 from different countries and allow them to learn about different cultures. The program consisted of six lessons: Let’s Talk About...Us, Food, Selecting Dishes, Our Hobbies, Sports, Working Together. Each lesson was taught live via Zoom (Central time), with youth participants from both Missouri and Bangladesh. Four youth from Nodaway County participated in the pilot cohort, taught January-April 2023. The leadership team for the program was Annette Deering, Sean Eberle, Laura Evans, Vince McKinney, and Melissa Scheer. Three additional cohorts were planned in 2023, to be taught in 2024.



## Nodaway County Fair

4-H Achievement Day: 37 youth, 240 exhibits, 68 exhibits selected for state fair  
Special Activities: 7 youth, 10 entries, 10 entries selected for state fair



## Two Rivers 4-H Day Camp

Participants: 16 youth campers ages 5-12, and 2 teen helpers (2 Andrew, 1 Atchison, 1 Holt, 14 Nodaway.)

Theme: Space. “4-H is Out of this World”

Learning objectives:

- Youth learned about the solar system and planets. They made solar system mobiles, and galaxy jars.
- Youth learned about astronauts. They tasted astronaut ice cream, and learned about foods that astronauts eat while in space.
- Youth learned about rockets. They made and launched rockets, using plastic water bottles, straws, vinegar, and baking soda.



## Youth Leadership

One of the goals from the Missouri 4-H 2023 Plan of Work was to grow youth leadership in the counties. To accomplish this goal in Nodaway County, 4-H staff and volunteers transitioned adult-led 4-H councils to youth-led 4-H councils. This transition should offer youth multiple opportunities for leadership roles

## 4-H SUCCESSES

- ✓ Youth members of organized 4-H community clubs: **Nodaway 104**
- ✓ Total number of adult volunteers: **Nodaway 23**
- ✓ Total number of youth volunteers: **Nodaway 12**
- ✓ Youth participating in school enrichment programs: **Nodaway 121**
- ✓ Youth members of organized 4-H after school clubs: **Nodaway 69**
- ✓ Youth participating in 4-H special interest (SPIN) short-term programs: **Nodaway 26**
- ✓ Graham 4-H Club reactivated their charter in October 2023.
- ✓ Youth 4-H Council starting in October 2023 in partnership with YPA and Nodaway County 4-H Leaders.



# Business & Community

## Digital Ambassador Program

The inaugural Digital Ambassador program was offered in Nodaway County and trained seven volunteers to assist others in making decisions about broadband internet services, as well as help them set up and maintain home networks and feel confident using the internet. Volunteers will serve the Northwest Region.

The program also provided an opportunity to bring Kathy Kiely, Professor and Lee Hills Chair in Free Press Studies at the MU School of Journalism to the region. Professor Kiely shared tools to help navigate the digital information landscape and differentiate between reliable information and misinformation.



## Supervisory Skills Series

- Eight supervisors from two companies (one repeat customer, and one new) in Nodaway County attended 24 hours of supervisory skills training across six sessions in Maryville
- Co-taught by Amie Schleicher and Jessica Trussell
- Sessions covered:
  - ✓ building effective relationships
  - ✓ communicating successfully
  - ✓ leading high-performance teams
  - ✓ your legal responsibilities
  - ✓ guiding conflict resolution
  - ✓ coaching employees
- Mix of classroom presentations and interactive, hands-on activities as well as discussion
- Participants shared comments via the evaluation, including these examples:
  - ✓ "Amie and Jessica both do a great job of integrating questions and responding to feedback provided within the context of the session...not always easy."
  - ✓ "I highly enjoyed the series of classes."
  - ✓ "Absolutely! Fun, engaging, intuitive."
  - ✓ All aspects of the series were rated high on a 1 to 5 scale.



Supervisors work together through challenging hands-on activities, used to demonstrate concepts discussed in the supervisory skills series.





## Business & Community

### Connecting Entrepreneurial Communities

MU Extension's annual Connecting Entrepreneurial Communities (CEC) Conference was held in Benton County, September 19-21, with 114 participants attending, including individuals from northwest Missouri communities. The conference featured over 25 sessions meant to foster, promote, and support entrepreneurship in rural Missouri communities.



**Next year's CEC will be held September 17-19, 2024, in Fulton, Missouri.**



*"This has been the best most impactful conference ever! Hosting the seminars in actual businesses was perfect."*

### NWMO VITA Tax Preparation

The 2023 NWMO VITA Tax preparation program offered free tax prep to people needing assistance filing their 2022 tax returns. The NWMO VITA program allowed low income, disabled, and older clients to get their returns prepared for free when they didn't feel comfortable using free online resources themselves. They did not have to pay a preparer upfront for the service which may have prevented many of them from getting their taxes prepared. The program provided education on their return and each client was shown where the money was coming from, whether it was a refund of taxes overpaid, or an Earned Income Credit. If a client owed taxes, we helped them understand why they owed additional taxes and advised them to talk to their employer about having additional funds withheld from their paycheck to avoid penalties for underpayment.

Eight volunteers from communities across the region partnered to offer 24 free 2022 income tax preparation sites in 12 different counties in the region. Volunteers spent 377 hours preparing 263 tax returns in Northwest Missouri. Cost savings to taxpayers (\$200 per tax return) is \$52,600. Total federal refunds in northwest Missouri was \$126,116, with \$56,980 being returned from the state. In Nodaway County, 110 people took advantage of this service.



#### Free Personal Income Tax Preparation

MU Extension is offering FREE tax return assistance for the 2022 tax year through IRS's Volunteer Income Tax Assistance (VITA) program in northwest Missouri.



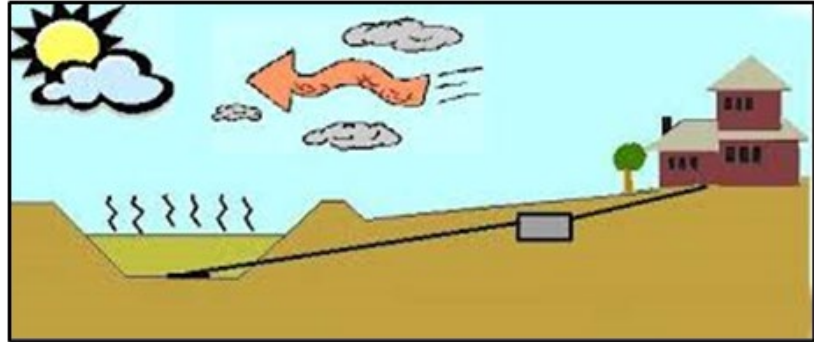




# Agriculture & Environment

## On Site Septic Systems

- ✓ The most common question this year was septic lagoons going dry from the drought and what should they do. Each is slightly different, but the general recommendation is to add water to maintain its function and to keep the bottom seal from cracking and causing leaks in the future.
- ✓ The average cost to replace a septic system is approx. \$20,000. By taking some simple preventative steps, a current system can be maintained, safely processing wastewater from the home and saving the owner the replacement costs.



A diagram of how an on-site septic system works when incorporating a lagoon in place of a leach field

## Tar Spot in Corn

Estimated losses to this corn disease between 2018 and 2022 are approximately 242.6 US million bushels, which is approximately \$900 million. Yield losses are due to reduced grain fill, kernel abortion and reduced test weight. MU requested field specialists in agronomy monitor Tar Spot spread and severity. It is now in my assigned counties and growers should be prepared for a plan of action next year. More than 65 producer phone calls and conversations were had regarding this new corn disease.

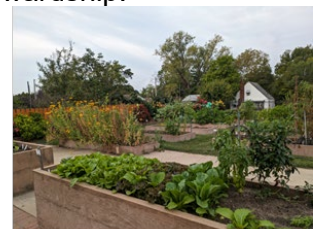


## Horticulture Benefits Communities

- Horticulture, the science and art of cultivating fruits, vegetables, flowers, and plants, plays a pivotal role in benefiting communities in multifaceted ways:
- Horticulture contributes to food security by providing communities with a diverse range of fresh and nutritious produce by promoting healthier lifestyles and reducing dependence on external food sources
- Community gardens and shared horticultural spaces foster social cohesion, bringing people together to cultivate a sense of belonging and shared responsibility
- Beyond the social aspect, horticulture enhances:
  - environmental sustainability of communities by promoting green spaces
  - reducing urban heat islands and supporting biodiversity
- Additionally, horticultural activities often provide therapeutic benefits, promoting mental well-being and stress reduction. Overall, horticulture not only addresses practical needs but also enriches the fabric of communities, fostering health, connectivity, and environmental stewardship.



Example of "green mulch"



Example of a well-organized and maintained community garden



# Agriculture & Environment

## Safety Acres

- ✓ Three hundred ninety 3-5 grade students from 10 area schools attended the 2-day event in Maryville at Northwest Technical School.
- ✓ There were 8 learning stations with 3 farm safety sessions taught by MU Extension field specialists:
  - PTO Safety
  - ATV Safety
  - Grain Bin Safety
- ✓ Partners included: St. Joseph Safety Council, St. Joseph Fire Department, Missouri Highway Patrol, Associated Electric and Nodaway County Cattleman's Association.



**Left:** Amie Schleicher teaches Grain Bin Safety  
**Left-middle:** Randa Doty with Nodaway County Council Vice Chair, Bridget Kenny, who provided a session on First Aid.  
**Middle-right:** Wayne Flanary teaches Grain Bin Safety  
**Right:** Jim Crawford teaches students about ATV Safety

- ✓ PTO safety session taught the youth: tractor safety, how to approach a tractor when someone is operating, the dangers of the power take off on tractors. A demonstration using a tractor and a straw stuffed dummy showed how quickly a person can get tangled up and injured in a PTO
- ✓ ATV safety covered: safety equipment on, and safety equipment to be worn when operating, an ATV; laws regarding ATVs
- ✓ Interactive grain bin safety presentation included discussion on why grain bins are important but dangerous; demonstration of how grain flows out of a grain bin using a cross-section of a small-scale model of a grain bin with grain and a small doll; demonstration with another small version of the top of a grain bin to discuss if we could rescue a person with a rope; students got to try pulling on the rope and see how much weight they could pull

## Extension Tax Schools

University of Missouri Extension ag economics department and ag business specialists worked together to coordinate one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and in addition a was online. 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, penalties and defenses, form 4797 sales of property, retirement tax issues, like-kind exchange 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 3,336 hours.

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

The trainings received positive evaluations and planning is underway to offer trainings in 2024. 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 2023 school attendance totaled three hundred twenty-seven people, including four from Nodaway County. The participants were from throughout Missouri.





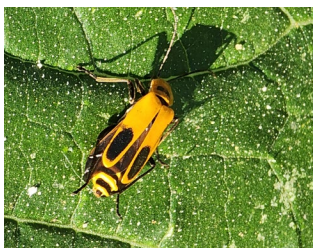
# Agriculture & Environment

## AG Updates and Private Pesticide Applicator Training

This training educated crop producers for safe handling and application of restricted use pesticides. Participants learned about pest identification, economic thresholds and injury levels, emergency planning procedure and the environmental ramification of improper pesticide application. More than 270 participants initiated or renewed a license, including 46 in Nodaway County. Ag staff then followed Private Applicator Training with “hot topics” in fields of ag in Horticulture, Ag Engineering, Agronomy, Livestock and Ag Business. Further regional Private pesticide applicator training was held monthly in Buchanan County reaching an additional 33 producers.



## Determining if Garden Insects are Pests or Beneficial



Soldier Beetle on garden plant: a **beneficial pollinator**—no need to spray!

Photo courtesy of LG, Holt County

“Thank you so much. I am very relieved by that good news!”

## Horticulture Highlights

- **Landowner assists:** 35 horticulture issues addressed and resolved from 9 NW MO counties
- **Community Garden Development:** collaborative project to support food security in the Maryville area
- **Holt County Garden Tour:** highlighting gardening projects in Holt Co to teach others about the practices and benefits of gardening
- **Taste of Northwest Missouri Agriculture:** this event provided a chance for producers to receive valuable feedback that might help them deliver the products consumers are willing to buy. Supporting food systems in NWMO.



Visitors learning about products produced locally. Visitors were able to give valuable feedback to growers.

## Low-Cost Home Energy Savings Tips & Tools

Jim Crawford offered a hands-on workshop on how to reduce their home energy demands and thus reducing their energy bills. The workshop focused on low cost, easy practices that anyone can employ. Some of these topics included:

- ✓ Phantom energy losses
- ✓ What type and where to use weatherstripping on a window
- ✓ Where and what type of weatherstripping to use on a door
- ✓ Where to caulk and how to do it properly.
- ✓ Energy efficient mechanical systems
- ✓ Programmable thermostats

Each attendee received an energy savings kit containing a tube of caulk, caulking gun, low flow shower head, LED light bulbs, switch and receptacle gaskets and weatherstripping among other items. Use of these items can save them up to \$10/month on their energy bills.

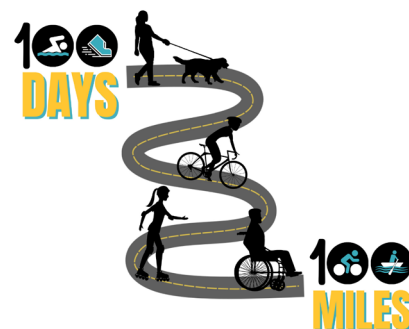


# Health & Human Sciences

## 100 Days, 100 Miles

This year's 100 Miles, 100 Days Extension initiative made a significant impact statewide, attracting over 1,300 participants in Missouri, including 67 from Nodaway County and more than 240 in our Northwest Region. Throughout the 100 days of summer, participants were urged to discover their own enjoyable ways to cover the equivalent of 100 miles. The diverse activities reported ranged from hikes and bike rides to navigating wheelchairs through MO State Parks. Individuals embraced the initiative by strolling through their neighborhoods, fostering active connections with friends and family, and making the most of local parks and pools.

Our weekly motivational emails provided valuable education and fueled a friendly county competition, adding a bit of excitement into the challenge. Whether participants reached the coveted 100 miles or not, the ultimate goal of our initiative was to instill a lasting enjoyment of movement through a blend of encouragement, accountability, and motivation. Our hope is that the impact of this program will extend far beyond the 100 days, inspiring a continued commitment to a healthy and active lifestyle.



## Focus on Kids

Parents who are divorcing or separating face unique challenges in parenting their children while living apart. The purpose of the Focus on Kids (FOK) program is to help parents learn how to nurture and support their children through the divorce/separation process, and to help parents develop ways to effectively work together as co-parents. This class was taught once a month in Buchanan County and in Nodaway County. The classes combined had 66 participants from the counties Buchanan, Gentry, Cass, Nodaway, Holt, Gentry, and Atchison.

**"Thank you for opening my eyes on separation in a child's eyes."**

**Focus on Kids Participant**

## Boost Your Brain and Memory



Boost Your Brain and Memory focuses on six areas and teaches participants how to incorporate healthy habits to improve your memory

and brain health. The six areas are intellectual activity, nutrition, physical activity, social engagement, spiritual activity, and stress management. In person classes were offered at the Northwest Technical School in Maryville in the Spring and Fall, the Clinton County Youth Building, the Dekalb County Extension Office, and the Rock Port Senior Center. Due to unforeseen circumstances the Dekalb County class had to be cancelled part way through but there are plans to reschedule for 2024. A total of 38 participants attended the classes and completed a final survey. A quote from a participant said that by taking this class the individual was given so much hope to know that they have some control over their risks.

## Missouri Telehealth Network Collaboration

In 2023, much of the work in CHEO was preliminary as it is a rapidly developing program area. One such development is a promising collaboration with Missouri Telehealth Network. CHFS will work with Show-Me ECHO to fine tune community focused ECHO sessions as well as promote the program to healthcare providers and other professionals, enhancing access to experts of specialized care topics.





# Health & Human Sciences

## PREVENTING FALLS TO IMPROVE QUALITY OF LIFE AND SUPPORT INDEPENDENT LIVING

There is a clear need for fall prevention programming in Missouri. While one in four adults aged 65 years and older report falling every year in the United States, the fall rate for older adults in Missouri is even higher. In 2020, 31.3% of older Missourians experienced a fall. Falls cause the most injury-related deaths among older adults. The economic cost of older adult falls in the U.S. is \$50 billion a year.

Nutrition and Health Specialists help Missourians prevent falls by teaching **Stay Strong, Stay Healthy (SSSH)**; **Tai Chi for Arthritis and Fall Prevention (TCAFP)** and **A Matter of Balance (MOB)**. **Stay Strong, Stay Healthy** is a strength-training program that focuses on strength, flexibility and balance for older adults. The **Tai Chi for Arthritis and Fall Prevention** program can help participants reduce pain and improve mobility and balance. **A Matter of Balance** is designed to reduce the fear of falling, help older adults increase their physical activity and introduce exercises to increase strength and balance.

In 2023, **SSSH Levels 2 and 3** were completed at the Maryville Community Center with the same 8 participants in both classes. This group was one of the first in the state to pilot the new Level 3 set of exercises. **SSSH Level 1** was taught to a new audience at the Rock Port United Methodist Church as a free SNAP class. There were two, 8-week sessions of the class with 8 participants in both sessions and 7 participants who participated in one of the sessions. **SSSH Level 1** was also taught as a free SNAP class to 6 participants at the Oregon United Methodist Church. **TCAFP** was taught at the Rock Port United Methodist Church to 16 participants. **MOB**, which is a free program, was taught to 16 participants at the Holt County Senior Center and to 9 participants at the Tri-City Friendship Center in Maitland.

Fall prevention programs are proven to decrease participants' fall risks. Data from statewide **SSSH** programs from 2021 and 2022 show that **100% of participants feel that their overall health was improved after the program**. Additionally, 98% of participants reported feeling physically stronger, 85% reported sleeping better and 82% reported that their joints feel better.



Participants perform the Leg Extension exercise with ankle weights during a SSSH Level 1 class in Holt County. Participants work up to doing two sets of 10 repetitions of each of the eight SSSH exercises. They increase the amount of weight they lift with their arms and legs to continue to make the exercises challenging.

### Tai Chi participant feedback

**One participant learned at a doctor's appointment that her blood pressure was lower and her kidney function was better.**

**Another participant said she could balance better while she was getting dressed.**

**"I feel stronger and have more energy. More stamina."**



Katie Pemberton talks to A Matter of Balance participants in Mound City.

## ADDITIONAL 2023 PROGRAMMING

- ✓ Pressure Canning (Nodaway)
- ✓ Dining with Diabetes (Nodaway)
- ✓ Living a Healthy Life with Chronic Pain (Nodaway)
- ✓ Cooking Matters Core (Nodaway)
- ✓ Living a Healthy Life with Chronic Disease (Gentry)
- ✓ Living a Healthy Life with Diabetes (Worth)



# Health & Human Sciences

## SNAP-Education

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,874,798 in federal funds to Missouri. During FY2023, Missouri's SNAP-Ed program reached over 78,000 Missourians through direct classroom education. Each person participated in an average of 6 hours of education totaling over 15,000 hours. In addition, an additional 760,135 persons participated in indirect education. Direct and indirect education resulted in over 1.8 million total contacts with Missourians.

**A total of 468 participants were from Nodaway 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.



Deb O'Neal teaching Fun with Food and Fitness to the first-grade class at St. Gregory's Catholic School.

## EFNEP

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,626,730 federal funds to Missouri. These funds were used to enroll 526 limited-resource families in nutrition education and meal preparation classes, representing 1,926 family members. Additionally, 1,980 youth were enrolled in EFNEP classes.

Three of these youth participants reside in Nodaway County.

Participants in EFNEP learn the importance of making healthier meals and snack choices, eating breakfast more often, trying new foods, increasing their physical activity, and making healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

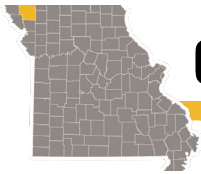
### Participating schools and agencies include:

- ✓ Eugene Field Elementary
- ✓ North Nodaway Elementary
- ✓ St. Gregory's Catholic School
- ✓ Northeast Nodaway Elementary
- ✓ Jefferson Elementary
- ✓ Horace Mann Lab School
- ✓ Maryville Middle School
- ✓ Nodaway-Holt Elementary
- ✓ Skidmore Food Pantry
- ✓ Maryville Head Start
- ✓ The Ministry Center
- ✓ Maitland Head Start

## Success Story

One of the first-grade teachers at St. Gregory's Catholic School in Nodaway County commented about an exciting bit of information. She said she wished the students would be as eager to learn from the classroom teachers as they are when the Nutrition Lady comes! One student was so excited to try the bean variety that he just couldn't wait to sample it together as a class. He had his samples gone before everyone had their plates. All the classes from this school were very excited to learn about having healthy bodies and sharing these new foods with their families! How wonderful that the Family Nutrition Education Program classes can make such a difference!





## County highlights

### 2023 MU Extension Leaders Honor Roll

Each year, the Nodaway County Extension staff is given the opportunity to name outstanding community leaders to the University of Missouri Extension Leader's Honor Roll. This award recognizes individuals who have gone above and beyond their call of duty on behalf of Extension. In 2023, Jackie Baker, Christopher Wallace and Rosalie Graves were presented with the honor.



Leaders Honor Roll recipients Jackie Baker, Christopher Wallace and Rosalie Graves.

### Lila O'Riley retires after 45 years with the Nodaway County Extension Council



Lila O'Riley served MU Extension, the Nodaway County Extension Council, and the Nodaway County community for 45 years. She retired in March with many memories and stories to tell about changes in the county and MU Extension. We appreciate her service. Pictured L-R – Randa Doty, Shanda Keirse, Lila O'Riley and Debbie Bennett.

### Nodaway County Ag Hall of Fame

The Nodaway County University of Missouri Extension Council has been presenting the Agricultural Hall of Fame award annually since 1976. Hall of Fame nominees must have been born or spent a significant part of their lives as a resident of Nodaway County and have a direct relationship to agricultural progress in the County. This annual award is sponsored by the Nodaway County University of Missouri Extension Council. The 2023 Nodaway County Agriculture Hall of Fame recipients were Frank A. Felton, Dr. David Frueh, and Harold "Hal" Wilmarth.



Frank A. Felton Family



Dr. David Frueh Family



Harold "Hal" Wilmarth Family



## County highlights

### 2023 State Fair Farm Family



Brad and Jamie Busby and family of Parnell, Missouri, were among the families honored during the 66th annual Missouri Farm Family Day, Aug. 14 at the Missouri State Fair.

The Busby family was selected as the Nodaway County Missouri Farm Family by University of Missouri Extension in Nodaway County and the local Farm Bureau. The family includes Baylie and Bexlie. Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA.

The Busby family operates a cow/calf and row crop operation in Parnell, MO. While Brad runs the day-to-day operation, Jamie is a RN and a 4-H Club Leader. Their two daughters Baylie and Bexlie show sheep in 4-H and FFA, including exhibiting at the Missouri State Fair. They are both members of the NE Bluejays 4-H Club. Baylie is a member of the Northeast Nodaway FFA Chapter. When the girls aren't busy on the farm, they play travel softball and are members the school basketball, softball, and track teams. The Busby family are members of the St. Joseph Catholic Church in Parnell and the Nodaway County Cattleman's Association.

The annual event is sponsored by five partner agencies: the Missouri Farm Bureau; the Missouri Department of Agriculture; the Missouri State Fair Commissioners; the MU College of Agriculture, Food and Natural Resources; and MU Extension.

### Missouri Century Farm



Frank & Jeanette Schieber Family

Long-term owners of Missouri farms are proud of their family accomplishments. This was evident during the Centennial Farm program held in Missouri during the American Revolution Bicentennial Year of 1976. In that popular program, 2,850 Missouri farm owners in 105 of Missouri's 114 counties were recognized as owning a "Centennial Farm." This program has been sustained as a yearly event with over 100 farms recognized each year.

The Missouri Century Farm program is jointly administered by the MU College of Agriculture, Food and Natural Resources, University of Missouri Extension and the Missouri Farm Bureau.

Nodaway County two farms being named a Missouri Century Family Farm.

- Frank & Jeanette Schieber Farm – Frank & Jeanette Schieber - 231 acres near Stanberry, has been in the family since 1921.
- Rosenbohm Family Farm – Kevin & Michelle Rosenbohm - 338 acres near Graham, has been in the family since 1921.