

UNIVERSITY OF MISSOURI EXTENSION

Ralls County

2017 ANNUAL REPORT

University of Missouri Extension-Ralls County 2017 Annual Report



The Ralls County extension office is located in the courthouse in New London.

UNIVERSITY OF MISSOURI
U Extension

University of Missouri Extension
Ralls County

“Live. And Learn”

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January 30, 2018

Dear Commissioners and Citizens:

This Annual Report of the University of Missouri Extension Council-Ralls County is a summary of educational programs and activities of University of Missouri Extension, a part of the University of Missouri System. We salute volunteers, community leaders, council members, extension staff, community partners and others who gave time, talent and money to help improve the lives of Ralls County citizens.

Through programs in 4-H, youth, parenting, nutrition, food safety, community development, agriculture, business and continuing education, our goal is to make Ralls County a better place to live and work. We think our annual report indicates we are accomplishing this objective and meeting the priority needs of the county. University of Missouri Extension does not discriminate. Our programs and services are available to all. If you have Internet access, please visit our Web site, at <http://extension.missouri.edu/ralls>, and learn more about how we can help you.

James E. Meyer
County Program Director

Laurie Means
Extension Council President



December 4, 2017

Dear County Commissioners and Friends of MU Extension:

For much of the past year, MU Extension was focused on a long-overdue assessment of statewide needs and a deep look at how we respond to these needs with programs and resources.

We crisscrossed the state to gather input from 42 community conversations with 1,200 people and reviewed analysis and recommendations from a range of external experts. As a result, MU Extension is working on a variety of changes in the interest of providing better university engagement with your communities.

We are steadfast in our resolve to help local communities and the state meet grand challenges associated with economic opportunity, educational excellence and healthy futures. These challenges reflect what Missourians from every corner of the state told us they were most concerned about.

As you read your county's annual MU Extension report, I believe you will be pleased to see the results that have been accomplished through county-based University of Missouri faculty. These faculty members work in response to input received from local extension councils.

At the state level, local MU Extension efforts really add up. Though we have long known extension funds were leveraged, an independent review revealed that MU Extension created more than \$945 million dollars of public value from the \$80 million it received from federal, state, county, grant and contract partners. A public value ratio exceeding 11:1 even surprised us.

As we go about implementing changes based on the recently completed needs assessment and review of our organization, I am confident that our ability to create value at the local level will be even greater.

I encourage you to read the attached annual report from your MU Extension county center to gain an understanding of how MU Extension has worked this past year to serve your community.

Your support of MU Extension and your efforts in your community is greatly appreciated. As always, I welcome input on how the University of Missouri can better serve your community and its people.

Sincerely,

A handwritten signature in black ink that reads "Marshall Stewart". The signature is fluid and cursive, with a long horizontal stroke at the end.

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

UNIVERSITY OF MISSOURI EXTENSION

Introduction

The University of Missouri-Ralls County Extension Center is the front door to the four campuses of the University of Missouri System and Lincoln University. MU Extension maintains a unique partnership among federal, state and local governments to provide access to the research-based resources needed to provide high-quality educational programs on issues of highest priority to meet the needs of the citizens of Missouri. The Ralls County Extension Council, as established by state statute, is a partner with University of Missouri Extension and the United States Department of Agriculture's National Institute of Food and Agriculture in the development, implementation and evaluation of extension educational programs.

State and federal funds provide salaries and benefits for MU Extension staff and other organizational needs. The Ralls County Commission appropriates funds related to the daily operations of the Ralls County office. We thank the county commission for their support.

Quick Facts

- More than 2,589 contacts by educational programs and events.
- UM Health Care provided services to 775 patients from Ralls County with \$117,722 of uncompensated care.
- University of Missouri had 44 students enrolled from Ralls County.
- 4-H had 83 enrolled members in five clubs.
- For every dollar invested in MU Extension \$11 of public value is returned; generating \$945 million in direct and economic benefit to Missouri.

Budget Summary 2017

Revenue

County Appropriations	\$55,500
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Expenditures

Salaries	\$44,360
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Travel	\$4,000
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Communications	\$3,710
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Supplies	\$2,500
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Insurance	\$430
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Other	\$500
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Total Expenditures	\$55,500
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Program Highlights for 2017 Table of Contents

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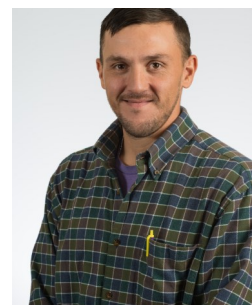
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Livestock Education

Beef Improvement
Show-Me-Select Heifer

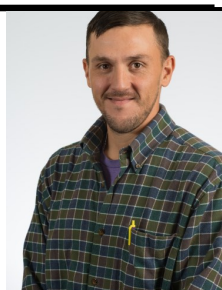
Daniel Mallory
Livestock Specialist




Number of Ralls County Learners	Total Hours of Collective Workshop Participation in 2017	What Did They Learn?	What Action Did They Take?	How Does This Work Make Ralls County and Missouri Better?
Two Ralls County beef producers participated in the beef improvement program.	Each producer received about thirty hours of instruction.	Producers learned the importance of keeping performance records by taking weaning and yearling weights and heights on the farm.	Two producers collected the data on their bulls and used that information to help sell their livestock in the Tested Bull sale. The other producers sold their bulls off the farm.	Six producers from Ralls County purchased 7 bulls in the sale because they could utilize the data provided to see which bull would further improve their herd.
Three beef producers were involved in the Show-Me-Select Heifer (SMS) program.	Each producer received about 80 hours of help or instruction.	Producers learned how to produce high quality, easy calving heifers. It also helped the producers learn the cost of producing a replacement heifer and the value they add to her by going through the SMS program.	It allows the participants to create a heifer development program for their herd. They also sold heifers in the program at a value added sale. They will have more predictable replacement heifers that will be more likely to save a calf at birth and make money for the person who buys them.	When you support MU Extension's Show-Me-Select Replacement Heifer Program beef cattle producers successfully adopt research-proven reproductive and genetic technologies developed at the University of Missouri which add value to heifers in beef herds across the state. This leads to improved profitability and sustainability of family-owned operations, positively benefiting Missouri's economy by over \$80 million since its inception in 1997.
 <p>Buyers bid on a group of heifers being sold at the Show-Me-Select sale.</p>				

Livestock Education Artificial Insemination (AI) Breeding Show-Me-Quality Assurance

Daniel Mallory
Livestock Specialist





Number of Ralls County Learners	Total Hours of Collective Workshop Participation in 2017	What Did They Learn?	What Action Did They Take?	How Does This Work Make Ralls County and Missouri Better?
<p>Two producer participated in the A.I. breeding program.</p>  <p><i>MU Extension mobile A.I. barn.</i></p>	<p>Each producer received two hours of instruction.</p>	<p>The producer learned how to use the A.I. boxes, how the boxes make A.I. breeding easier and less stressful on the animal.</p>	<p>The A.I. conception rate is increased by 5-15 percent due to the lower stress levels on heifers/cows as a result of the design of the breeding boxes.</p>	<p>Increases the productivity of a producer's herd affecting his profitability creating a positive impact on the economy of Ralls County.</p>
<p>Twenty youths participated in the Show-Me-Quality Assurance program.</p>	<p>The program lasted one and a half hours.</p>	<p>The participants learned specific information on</p> <ul style="list-style-type: none"> - daily care and management, - animal identification, - reading feed labels, - drug withdrawal requirements, - bio-security, - proper injection sites and - carcass quality. 	<p>Meets the requirements for certification required to exhibit meat producing animals.</p> <p>Allows livestock and poultry project members to meet this requirement to complete their project.</p> <p>Increases the knowledge and awareness of Missouri youth about food quality issues related to animal production.</p>	<p>Increases quality of care and knowledge of livestock produced by youth in Ralls County.</p> <p>Increased profitability from quality livestock production has a positive impact on the economy of Ralls County and the state of Missouri.</p>

Missouri Livestock Symposium

Zac Erwin, livestock specialist




Number of Ralls County learners.	Total hours of collective workshop participation in 2017.	What did they learn?	What action did they take?	How does this work make Ralls County and Missouri better?
<p>Five people attended the symposium.</p>	<p>3,425 hours</p>	<p>The Missouri Livestock Symposium is an annual educational program and trade show that attracts participants from throughout Missouri and beyond. It is recognized nationally as an outstanding program that targets agricultural producers and landowners.</p> <p>Curricula includes workshops led by nationally-known speakers in the areas of horses, beef, sheep, stock dogs, meat goats, forages, around the home, small poultry production and farm continuation planning.</p> <p>Comments:</p> <ul style="list-style-type: none"> • “Interesting speakers and able to reach a group that without the Symposium we would not be able to meet.” • “Great event highlighting livestock production and ag.” 	<p>Based on post-session (retrospective) evaluations:</p> <ul style="list-style-type: none"> • 82 percent of participating producers indicated that they had an increased level of understanding on the principles provided in the sections of beef cattle, horse, sheep, meat goats, forages and stock dogs. • On average, 87.5 percent of responding participants indicated they will adopt technologies presented in their respective sessions. 	<p>Public funding helps support the Missouri Livestock Symposium with objectives to provide educational opportunities for livestock producers and landowners representing all species of livestock, forages, and renewable resources and to promote the adoption of best management practices that are economically and environmentally beneficial.</p> <p>The producer benefits from this program by being better able to manage their livestock and their financial resources.</p> <p>Financially successful producers provide a basis for successful communities.</p> <p>Missourians benefit by keeping farm and ranch families in rural communities and improved natural resource stewardship.</p>
 <p><i>Above: Over 80 agriculturally-related businesses, commodity groups, and organizations displayed their products for area producers to see in the trade show. One of the trade show participants keeps coming back because this event “draws diverse crowds.” Another one stated, “good attendance, with people that have a need for our product.”</i></p>				
			<p><i>Left: Saturday workshop participants engaged in one of the 48 individual sessions.</i></p>	

Agri-Business Education

Producer Questions
Ag Lender Seminar

Karisha Devlin
Agri-Business Specialist



Number of Ralls County learners	Total hours of collective workshop participation in 2017	What did they learn?	What action did they take?	How does this work make Ralls County and Missouri better?
Five Ralls County participants.	A total of two hours spent with producers.	I answered questions about leases, cash rent, and land values.	Producers gained information that helped them in making business decisions for their operations.	Having economically viable farming operations benefits the local economy and communities.
Two Ralls County participants and a total of 91 lenders attended from 24 Missouri counties and Illinois.	Five and one half hour of instruction for all lenders.	<p>Topics for the seminars held at Kirksville, Hannibal, and Mexico were:</p> <p>Macro Economics, Land Values and Rental Rates, Crop & Livestock Outlook, Update on Taxes, Marketing Opportunities, and the Affordable Care Act.</p> <p>Lenders received the 2018 Missouri Farm Financial Outlook book, which included budgets for all major crop and livestock enterprises in the state.</p>	<p>Lenders will help their agricultural customers use the information and tools obtained at the seminars. Specific tools/actions include using:</p> <p>Budgets; Crop & Livestock Outlook; Rental Rates and Land Values; Tax and Health Insurance information under the Affordable Care Act, and Marketing tools.</p>	<p>The lenders in attendance manage 5,515 loans totaling \$1,523,160,000 (response from 70 of the 91 lenders). By attending University of Missouri's Agricultural Lenders' seminars, lenders are able to help their clients make better decisions based on risk management tools, budgets, and other resources provided. This benefits their portfolio of producers and landowners by an increased understanding of enterprise budgets and cash flow affecting families' and businesses' financial health. This is especially important with the downturn in the agricultural economy as both crop and livestock producers expect lower incomes, continued high input costs, challenging marketing decisions, and uncertainty with the upcoming Farm Bill.</p>
 <p><i>Participants discuss a question at the Ag Lender seminar.</i></p>		10		

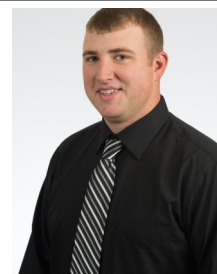
AGRONOMY EDUCATION


MASTER GARDENERS

FIELD STRIP TRIALS

PESTICIDE APPLICATION TRAINING

Wyatt Miller
Agronomy Specialist




Number of Ralls County learners	Total hours of collective workshop participation in 2017	What did they learn?	What action did they take?	How does this work make Ralls County and Missouri better?
<p>Over 500 Ralls County participants that include:</p> <ul style="list-style-type: none"> • Farmers • Gardeners • Strip Trial participants • Soil test customers • Private Pesticide Applicator Training participants • Master Gardeners • Plant and insect identification and diagnosis customers • Telephone and email questions/ requests for publications 	<p>Over 700 hours of learning by Ralls County residents.</p> <p>Over 220 hours of service reported by Master Gardeners in Ralls County</p>	<p>Evaluation of the various programs shows that participants learned:</p> <ul style="list-style-type: none"> • Accurate identification of crop diseases, insects, and weeds and their respective control strategies. • Basic gardening • Soil fertility management to increase fertilizer efficiency and protect the environment while maximizing yields • Pesticide application laws and best practices to safely and effectively apply pesticides deemed by the US EPA as restricted use in order to increase efficiency, reduce human health risks, and improve drinking water quality and wildlife habitat . 	<ul style="list-style-type: none"> • Used the safest and most efficient method to control the pest identified • Used and taught proven gardening practices to grow more food • Managed fertilizer applications to row crop fields to maximize return per acre while minimizing loss of fertilizer to the environment • Applied restricted use pesticides using techniques and equipment that minimize human health risks and negative environmental impacts while providing effective pest control 	<p>Implementing crop management techniques that increase yield stability and overall yields directly results in higher profits for local producers. Like Missouri, Ralls County's economy is heavily dependent on agriculture. By utilizing research proven best practices on their farms, citizens of Pike County improve their local economy. Regardless of whether research proven best practices are used to produce forage for a nearby herd or corn and soybeans marketed globally, there are clear benefits to increasing efficiency, productivity, and safety. Current and future generations benefit when research proven best practices are used and result in improved productivity and reduced negative environmental impacts.</p>
 <p>Wyatt Miller uses a drone to survey a field in Ralls County.</p>		11		

Family Nutrition Program (FNP)

Nutrition and Life Skills for Missouri Families

Sarah Woodrow
Nutrition Program Associate



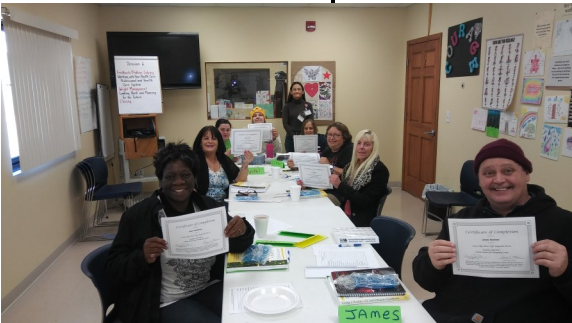
Number of Ralls County learners	Total hours of collective workshop participation in 2017	What did they learn?	What action did they take?	How does this work make Ralls County and Missouri better?
<p>University of Missouri Extension's Family Nutrition Program (FNP) reached 279 participants directly and 132 indirectly with nutrition education in Ralls County during 2017 a significant percentage of which were low income. FNP provides information on nutrition, food safety, and physical activity for lifelong health and fitness by working with qualifying schools, community groups and agencies.</p>  <p><i>Sarah leads a class at elementary school.</i></p>	<p>1,044 collective workshop hours.</p>	<p>Preschool to 12th grade youth learned nutrition and health information through lessons with hands on activities. They had opportunities for:</p> <ul style="list-style-type: none"> • taste-testing healthy foods • practicing skills that lead to good health. <p>Adult education includes</p> <ul style="list-style-type: none"> • nutrition • food safety • physical activity • food resource management. 	<p>Nutrition Program Associates (NPA's) go into schools and other grant eligible locations and interact with community members to help them make healthier choices and build healthy habits. They see the difference the program makes in people's lives.</p>	<p>The Family Nutrition Program (FNP) brought \$9,681,129.00 federal funds to the state of Missouri. These funds were used to provide nutrition education to 838,295 Supplemental Nutrition Assistance Program recipients and eligible citizens of Missouri. Participants in FNP become more aware of nutrition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increase their physical activity and in general make healthier food choices. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important programming effort serves to reduce healthcare costs over the participant's lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.</p>

Nutrition and Health Education

Diabetes Education
Chronic Disease

Jim Meyer
Nutrition and Health Education Specialist



Number of Ralls County learners	Total hours of collective workshop participation in 2017	What did they learn?	What action did they take?	How does this work make Ralls County and Missouri better?
Eight residents attended a diabetes self-management program.	Diabetes Self-management is a 6 session, 2 hours a session program. The participants received 12 hours of instruction.	Participants learned to monitor their blood glucose, make healthy food choices, read food labels, manage stress, and use physical activity to help control their diabetes symptoms.	Participants made an action plan after each session. Some of the plans included increasing physical activity, checking their blood sugar and counting carbohydrates. Other plans included working more closely with their physician to manage their disease.	When you support MU Extension's Diabetes Self-Management program, you help participants with diabetes learn proven, effective interventions. These interventions can reduce symptoms, give participants the confidence to manage their condition, improve their quality of life and reduce health care costs.
Ten clients of Comprehensive Health Systems attended the Chronic Disease Self-management program..	The workshop lasted 12 hours for a total of 120 collective hours of instruction..	Participants learned different tools they can use to better manage their chronic disease. These tools include: using your mind to manage symptoms, getting a good night's sleep, a technique for problem solving, dealing with difficult emotions, physical activity, pain and fatigue management, better breathing, healthy eating, communication skills, medication usage, dealing with depression, making informed treatment decisions, weight management, and working with your healthcare team and organization.	Participants created action plans to change their health habits. One participant changed how she managed stress. Other participants started exercising. One participant used what they learned from the program to quit smoking.	When you support MU Extension's Chronic Disease Self-Management program, you help participants with chronic conditions learn proven, effective interventions. These interventions can reduce symptoms, give participants the confidence to manage their condition, improve their quality of life and reduce health care costs.
 <p>Participants display their completion certificates for Chronic Disease program.</p>				

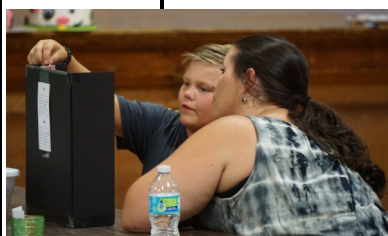
4-H

A Community of Members Build Life Skills, Engaging in Science and Connecting to Community



Patty Fisher
4-H Youth Development Specialist

Number of Ralls County Learners	Total Hours of Collective Workshop Participation in 2017	What Did They Learn?	What Action Did They Take?	How Does This Work Make NE MO Counties and Missouri Better?
<p>There were 83 members in the traditional club program.</p> <p>Sixty two trained volunteers.</p>	<p>2,250 4-H member learning hours in 2016.</p> <p>2,100 adult volunteer hours in 2017.</p>	<p>Five county 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from computer science and arts to animal science and healthy living. Clubs also involve youth in community service, camping and educational trips.</p> <p>County</p> <ul style="list-style-type: none"> •Achievement Night - 20 members •Officer Training - 15 members •Project Leader Training - 10 volunteers •Discovery Camp - 43 participants <p>Fair Exhibits:</p> <ul style="list-style-type: none"> •47 state fair exhibits •140 county fair livestock exhibits •409 county fair inside exhibits •36 entries in the shooting sports contests <p>Regional, State, and National 4-H Attendance:</p> <ul style="list-style-type: none"> •4-H Camp – 21 members •State Meats Contest - one member •State Fashion Revue – two members •State Shooting Sports Contest – seven members •State Public Speaking - one member •State Horse Demonstrations - one member •Teen Conference - three members <p>14</p>	<p>MU Extension 4-H connects 5,176 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Dalton & St. John, 2016). 4-H youth are nearly twice as likely to go to college compared to their non 4-H peers (Lerner & Lerner, 2011).</p> <p>A study from Tufts University reports that young people in “4-H far outperform their non-4-H peers” in developing the skills, leadership and interest in science and science careers that drive our nation’s future. In fact, 4-H’ers are more likely to pursue careers related to science, engineering and technology because they spend more time engaging in science programs (Lerner & Lerner, 2011). It is not surprising that 4-H youth are three times more likely to go into science related careers than similar peers (Lerner & Lerner, 2008).</p>	<p>4-H youth are equipped with the knowledge, skills, attitudes and health for the 21st century workforce. 4-H youth are engaged in programs anchored in science (Arnold, Bourdeau, & Nott, 2013).</p> <p>Youth who earn their bachelor’s degree, increase their annual earnings by \$2 million over their lifetime. If 50% of Ralls members attend 4-H events on a college campus go on to earn their bachelors degree, 4-H would help young people acquire \$15 million more of lifetime earnings.</p> <p>The U.S. needs young people prepared to live and work in a world that no one can imagine – jobs that do not yet exist, using technology that has not been invented, solving problems that have not yet been identified. In Ralls County, 68 out of 83 were engaged in science related projects and experiences.</p> <p>Missouri 4-H volunteers, responding to a survey, report they contribute on average 100 hours per year. Valuing their time at \$21.30 per hour, based on average Missouri incomes, the contribution of Ralls County 4-H volunteers was worth more than \$132,000 in 2017! More importantly, these adults serve as mentors for our youth helping them transition into healthy adulthood, priceless!</p>



Youth and volunteers participate in conference judging at the Ralls County Junior Fair. It is a two way evaluation that provides the judge the opportunity for suggestions for improvement and the member the opportunity to explain problems and solutions used.



Missouri 4-H Foundation Chair, Dr. Marla Tobin (left) with Ralls County 4-H volunteer Nancy Harris and State 4-H Council member Ashlyn Peterson. Nancy received the 4-H Hall of Fame Award for her years of dedication and support as a Ralls County Volunteer.

OUR HISTORY

Cooperative Extension was established in 1914 as a national educational network designed to extend technical expertise and research findings to help people improve their homes, families, farms, businesses, and communities. One hundred years later, it is the largest, most successful informal educational organization in the world. The Morrill Act of 1862, which established land-grant colleges, and the Smith-Lever Act of 1914, which instituted Cooperative Extension Service, are the foundations for the University Extension mission. The Morrill Act of 1890 also established Lincoln University as a land-grant institution. Together, University of Missouri Extension helps Missourians use knowledge to solve problems and lead more productive lives.

Extension Mission

Our distinct land-grant mission is to improve lives, communities and economies by producing relevant, reliable and responsive educational strategies that enhance access to the resources and research of the University of Missouri.

Who's Reaching Out In Ralls County

Ralls County Extension Council Officers

Laurie Means	chair
Charles Paschal	vice chair
Janine Stephenson	secretary
John Freiling	treasurer

Elected Members

Al Kennett	Clay
Adria Palmer	Center
Cindy Simpson	Saline
Leota Shoemyer	Saline
Joy Hoyt	Jasper
Gary Fowler	Jasper
Vickie Rouse	Salt River
Carolyn Trower	Town of Perry
Linda Miller	Town of Center
David Zeiger	Saverton

Appointed Members

Adam Gatson	Farm Bureau
Houston Lugena	Young Adult
Kyla Ingram	Youth
R.C. Harlow	County Court

The University of Missouri Extension Council—Ralls County meets the fourth Thursday of the month in the basement of the courthouse in New London. Meetings are open to the public. Council election is held each January. If you are interested in serving on the council, please contact the extension office at 573-985-3911 for more information.

Ralls County MU Extension Staff



Jim Meyer,
Nutrition
and Health
Education
Specialist



Daniel Mallory,
Livestock
Specialist



Pat Gibbs,
Secretary

Other Staff Serving Ralls County

Agriculture

Karisha Devlin	Agri-business	660-397-2179
Wyatt Miller	Agronomy	573-769-2177
Kent Shannon	Engineer	573-445-9792

Human Environmental Sciences

Sherry Nelson	Human Develop.	573-769-2177
Deanna Johnson	Family Financial	573-727-3339
Sarah Woodrow	Family Nutrition	573-769-2071

Community Development

John Gulick	573-324-5464
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Business Development

Charles Holland	660-327-4158
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4-H Youth

Patty Fisher	573-324-5464
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Regional Director

Karisha Devlin (interim)	573-882-3355
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