

UNIVERSITY OF MISSOURI EXTENSION

Ralls County

2018 ANNUAL REPORT

University of Missouri Extension-Ralls County

2018 Annual Report



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



University of Missouri Extension
Ralls County

“Live. And Learn”

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January 30, 2019

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

John Freiling
Extension Council President



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

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Dear county commissioners and friends of MU Extension,

The past year has been extremely productive for University of Missouri Extension and Engagement. With the launch of our county engagement specialist model, which is the centerpiece of a long-overdue restructuring, we are better positioned to serve Missourians.

Most county engagement specialists are now in place and the formal training for this new position rolled out this fall. By January 2019, we expect our CESs to be well on their way to success. I see a great future for them and the communities they serve.

At the MU campus, we have been busy putting in place online resources that will benefit Missouri communities. In particular, the All Things Missouri web portal is an exciting tool that can help community leaders search for valuable data. I encourage you to check it out at <https://allthingsmissouri.org/>.

When 2018 began, we set out to meet with every county's administrative body. This effort provided valuable insight and helped strengthen relationships; and as a result, we will engage in a similar effort in 2019. Meeting stakeholders and deepening county relationships is something we truly enjoy.

As you read your county's annual MU Extension report, I am confident that you will be pleased with the results accomplished through county-based University of Missouri faculty. Our faculty take pride in their efforts to respond to local extension council input.

At the state level, we have committed to a goal of doubling the economic impact of MU Extension over the next decade. This goal of \$2 billion in public value is ambitious — but, by meeting this challenge, we will help a great many Missourians.

Your support of MU Extension and our efforts in your community are greatly appreciated. As always, I welcome your 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 written in a cursive, flowing style.

Marshall Stewart

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 2,300 contacts by educational programs and events.
- UM Health Care provided services to 770 patients from Ralls County with \$101,670 of uncompensated care.
- MU had 38 students enrolled from Ralls County.
- 4-H had 83 enrolled members in five clubs.
- Business development specialists worked statewide with small businesses and entrepreneurs to create 11,559 jobs.

Program Highlights for 2018 Table of Contents

Budget Summary 2018

Revenue

County Appropriations	\$58,250
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Expenditures

Salaries	\$37,264
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Travel	\$2,158
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Communications	\$5,451
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Supplies	\$2,111
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Insurance	\$376
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Other	\$2,156
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Total Expenditures	\$49,516
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Agriculture

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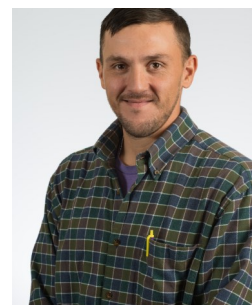
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Livestock Education

Beef Improvement
Show-Me-Select Heifer

Daniel Mallory
Livestock Specialist

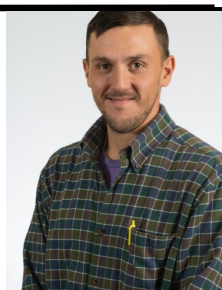



Number of Ralls County Learners	Total Hours of Collective Workshop Participation in 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Ralls County and Missouri Better?
Two Ralls County beef producers participated in the beef improvement program.	Each producer received about 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.	Four producers from Ralls County purchased 6 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><i>Buyers bid on a group of heifers being sold at the Show-Me-Select sale.</i></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 2018	What Did They Learn?	What Action Did They Take?	How Does This Work Make Ralls County and Missouri Better?
<p>Four producers 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-five 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>

Agri-Business Education

Ag Lender Seminar

Karisha Devlin
Agri-Business Specialist



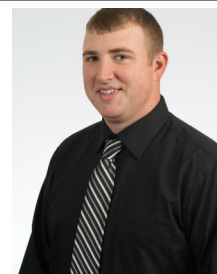
Number of Ralls County learners	Total hours of collective workshop participation in 2018	What did they learn?	What action did they take?	How does this work make Ralls County and Missouri better?
<p>2 participants</p> <p>A total of 95 lenders and 45 producers attended from 30 Missouri counties, plus Kansas and Iowa at the Kirksville, Hannibal, and Mexico locations.</p>	<p>11 hours (5.5 hours x number of county participants)</p> <p>770 hours total for all lenders and producers</p>	<p>Topics for the three seminars varied some by location but included:</p> <p>Macro Economics, Land Values and Rental Rates, Crop & Livestock Outlook, Update on Taxes, Marketing Strategies, Data for Decision Makers and Positioning for Success in the Economic Reset.</p> <p>Lenders received the 2019 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 actions include using: Budgets; Crop & Livestock Outlook; Rental Rates and Land Values; Tax update, Economic Outlook and Marketing Strategies.</p>	<p>The lenders in attendance manage 4,285 loans totaling \$972,850,000. 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 a new Farm Bill.</p>
<div>  <p>Participants learn about marketing strategies at Ag lender meeting.</p> </div>				



AGRONOMY EDUCATION

SAFETY DAY

MISSOURI MASTER NATURALIST

Wyatt Miller
Agronomy Specialist




Number of Ralls County learners	Total hours of collective workshop participation in 2018	What did they learn?	What action did they take?	How does this work make Ralls County and Missouri better?
Over 70 Ralls County fourth graders participated in Marion/ Ralls 2018 Progressive Ag Safety Day.	5 hours of education for all students.	Students learned ATV safety, large animal safety, Electrical safety, Firearm safety, Fire Safety, PTO safety, Lawn equipment safety, Vehicle and seatbelt safety, Railroad safety, sun safety and water safety.	Students gained information that will help them make safe decisions on and off the farm.	Utilizing best safety practices reduces the number of accidents, resulting in fewer injuries and deaths in Ralls County and Missouri.
 <p>Students test their reaction speed.</p>		Participants learned historical overview of Missouri resources and concepts of ecology, wildlife management, wildlife conservation and how to teach the public about Missouri wildlife.	Participants became certified Missouri Master Naturalists.	Missouri Master Naturalist volunteers provide education, outreach and service dedicated to the beneficial management of natural resources and natural areas within their communities for the state of Missouri.
Three Ralls County residents participated in the Missouri Master Naturalist training.	Over 50 hours of education were offered throughout the training			
 <p>Capstone Project—Pollinator habitat planting.</p>				

Community Development

Community Planning and Support—Center Park
Committee

Chris Kempke
Community Development Specialist




Number of Ralls County learners	Total hours of collective workshop participation in 2018	What did they learn?	What action did they take?	How does this work make Ralls County and Missouri better?
9 Ralls County learners	15 total workshop hours	Participants learned the steps of gaining 501c3 status by filing a 1023EZ form. Participants also learned how to maintain their 501c3 status with a 990 EZ form.	Participants completed the 1023 EZ form and are awaiting approval of their non-profit status.	501c3 status will assist the Center, Missouri Park Committee by reducing the cost of their purchases and encouraging philanthropic donations. This will help the community of Center to continue and expand community events and support a vital public space.
 <p>The city park in Center, MO.</p>				

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 2018	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 303 participants directly and 118 indirectly with nutrition education in Ralls County during 2018 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>Sarah teaches participants about MyPlate.</p>	<p>1,116 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 \$9,449,699 federal funds to the state of Missouri. These funds were used to provide nutrition education to 735,541 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

Chronic Disease Self-management
Health Fairs

Jim Meyer
Nutrition and Health Education Specialist





Number of Ralls County learners	Total hours of collective workshop participation in 2018	What did they learn?	What action did they take?	How does this work make Ralls County and Missouri better?
<p>Ten clients of Comprehensive Health Systems attended the Chronic Disease Self-management program..</p>  <p>Students at Van Far elementary learn about healthy snacks.</p>	<p>The workshop lasted 12 hours for a total of 120 collective hours of instruction..</p>	<p>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.</p>	<p>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.</p>	<p>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>
<p>Several health fairs were held where Ralls County residents attended. These included back-to-school health fairs and other health fairs. More than 100 residents attended the fairs.</p>	<p>The health fairs generally lasted 4 hours.</p>	<p>Participants learned an east but tasty fruit smoothie recipe that could be used as a snack. They also learned about other healthy snack alternatives.</p>	<p>Participants sampled a health snack and received health information.</p>	<p>If parents and youth alike learn healthy snack choices, it can reduce the amount of obesity as well as create a healthier population. This can reduce health care costs for the whole county.</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 2018	What Did They Learn?	What Action Did They Take?	How does this work make Ralls County and Missouri better?
<p>A community of 174 youth building life skills, contributing to their community and becoming college and career ready.</p> <p>Seventy three of the 100 club members were engaged in science related projects or experiences.</p> <p>Sixty two trained and oriented volunteers.</p>  <p>Club officers put their teamwork skills to the test.</p>  <p>Debbie Hodges receives 4-H Hall of Fame award for her years of support.</p>	<p>2,750 4-H member learning hours in 2018.</p> <p>2,500 adult volunteer hours in 2018.</p>	<p>Five county 4-H clubs offer long-term educational experiences in which members learn leadership, build initiative while building connections for a bright future. 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 - 35 members •Officer Training - 15 members •Project Leader Training - three volunteers •Discovery Camp - 35 participants <p>Fair Exhibits:</p> <ul style="list-style-type: none"> •48 state fair exhibits •164 county fair livestock exhibits •471 county fair inside exhibits •45 entries in the shooting sports contests <p>Regional, State, and National 4-H Attendance:</p> <ul style="list-style-type: none"> •4-H Camp – 11 members •State Fashion Revue – two members •State Shooting Sports Contest – seven members State Fair Demonstrations -eight members •Teen Conference - six members 	<p>Findings from a 2018 evaluation study reveals that Missouri 4-H:</p> <ul style="list-style-type: none"> Develops Leadership •81 percent of Missouri 4-H members surveyed said they find it easy to speak up in a group. •89 percent reported feeling comfortable being a leader. •95 percent said 4-H is a place where they get to help make group decisions. •95 percent said 4-H is a place where you have a chance to be a leader. •97 percent said 4-H is a place where you learn about ways to help your community. <p>Builds Connections for A Bright Future</p> <ul style="list-style-type: none"> •92 percent said they like to learn about people who are different from them and get along. •93 percent said they think about others' feelings before they say something. •93 percent say they think about how their choices affect others. •97 percent said they treat others the way they want to be treated. •98 percent said they show respect for others' ideas. 	<p>4-H'ers are twice as likely to go to college compared to their non 4-H peers and they tend to pursue careers in STEM fields (Lerner & Lerner, 2011). In 2018, Missouri 4-H connected 4,818 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Dalton & St. John, 2016).</p> <p>4-H also prepares youth for the work place. Youth must be prepared to live and work in a world we cannot completely envision – competing for jobs that do not yet exist and using technologies that have not yet been invented to solve problems that have yet to be identified. 4-H is the only youth development program with direct access to technological advances in agriculture, life sciences, engineering, learning technologies and social sciences from the university system.</p> <p>Volunteers are the core of the 4-H Program. They help to create, support and deliver educational programs and experiences. Missouri 4-H volunteers report contributing on average 100 hours per year to the program. Valuing their time at \$24.14 per hour (Independent Sector, 2017), the contribution of Ralls County 4-H volunteers was worth more than \$149,000 in 2018. More importantly, these individuals serve as role models and mentors for youth.</p>

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

John Freiling	chair
Terry Hoyt	vice chair
Janine Stephenson	secretary
Vickie Rouse	treasurer

Elected Members

Al Kennett	Clay
Adria Palmer	Center
Cindy Simpson	Saline
Tina Powers	Saline
Linda Hammond	Town of Center
Gary Fowler	Jasper
Vickie Rouse	Salt River
Carolyn Trower	Town of Perry
Ann Wideman	Saverton
David Zeiger	Saverton

Appointed Members

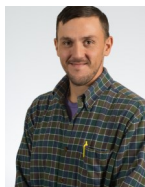
Adam Gatson	Farm Bureau
Houston Lugena	Young Adult
Kyla Ingram	Youth
Hannah Smith	Youth
Judi Statler	Town of New London
R.C. Harlow	County Court

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 Educa-
tion Specialist



Daniel Mallory
Livestock
Specialist



Karen Coleman
Youth Program
Associate



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
Sarah Woodrow	Family Nutrition	573-769-2071

Community Development

Christopher Kempke	573-324-5464
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Business Development

Charles Holland	660-327-4158
Ryan Eidson	660-263-8811

4-H Youth

Patty Fisher	573-324-5464
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Regional Director

Michael Krauch	573-882-3355
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