



UNIVERSITY OF MISSOURI EXTENSION

# Randolph County

2022 ANNUAL REPORT





# Office of Extension and Engagement

*University of Missouri*

## OFFICE OF THE VICE CHANCELLOR FOR EXTENSION AND ENGAGEMENT

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December 2022

Dear county commissioners and friends of MU Extension and Engagement,

We have much to celebrate and anticipate in 2023. As you know, Chad Higgins is taking over from me as interim vice chancellor of extension and engagement and interim chief engagement officer for the UM System.

Chad believes in transformational leadership and change that will continue to advance the University of Missouri's land-grant mission. He has a strong team around him to support MU Extension in this time of transition.

Most important, Chad has **you** as key partners in championing our work to empower each county and community and to improve every Missourians' access to economic and educational opportunities and health and well-being.

We started our journey in 2016, reimagining what extension and engagement needed to be to meet communities' 21<sup>st</sup> century needs. Your partnership has led to a true renaissance of extension and engagement that will serve as the foundation for MU Extension's healthy future through this decade and beyond.

The challenges of the pandemic showed us how to be even more responsive and nimble. Thanks to the foresight of state leadership, we are also now in a much stronger budget position. We have the organizational, staffing and program structure in place to keep growing the value and impact of MU Extension and university engagement work at the local level.

We have made strides in each year's areas of focus: broadband, workforce development, community and mental health access and care, and now food security in this current year.

I hope you see throughout this county annual report the impact of your own partnership and hard work in these areas. I thank you for your continuing support as we recommit ourselves to do what we do best: Serve Missouri, Deliver Mizzou.

Sincerely,

Marshall Stewart, EdD  
Vice Chancellor, MU Extension and Engagement  
Chief Engagement Officer, UM System

# Who we are

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## Faculty and staff

Candace Rodman  
Nutrition & Health Specialist

Brittney Ames  
Nutrition Program Associate

Chelsea Reed  
Office Manager

Sarah Geist  
Nutrition Program Associate

Lyann Ritter  
4-H Specialist

Jeremiah Terrell  
HDFS Specialist

Dhruba Dhakal  
Agronomy Specialist

Heather Conrow  
Livestock Specialist

Jennifer Schutter  
Horticulture Specialist

## Council members

Andrea McKeown, Chairman  
Brandon Krapfl, Vice-chairman

Jenny Cummings, Secretary  
Matt Douglas, Treasurer

Maria Moyer

Roy Morales

Cindy Cross

Travis Mitchell

Penny Vanduzer

Betty Mayo

Kevin Brown

John Smith

John Tracy

## County commissioners

John Truesdell, Presiding  
Commissioner

John Tracy, Eastern District  
Commissioner

John Hobbs, Western District  
Commissioner

# Budget and more

## Appropriations budget

### Income

County Appropriations	30,000
<b>Total Income</b>	<b>30,000</b>

### Expenses

Salaries/Benefits	16,468.77
Travel	1,339.48
Telephone	439.89
Office Supplies/Service	8,932.79
Utilities	2,940.23
Insurance	588.84
Office Rent	8,800
<b>Total Expenses</b>	<b>39,510</b>

## Key outcomes and numbers

- ✓ 2 Randolph County schools benefitted from Show-Me Nutrition presentations in classrooms
- ✓ More than 1000 Randolph County residents were reached through the 100 Miles in 100 Days Program
- ✓ Ag Lenders Seminars helped residents make more informed financial decisions.
- ✓ Randolph County Master Gardeners completed more than 900 hours of community service.
- ✓ Stay Strong, Stay Healthy classes helped senior residents stay physically active and improve their overall health

## Return on Investment

University System	100,000
Donations	2,887
Program Revenue	10,331.90

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



## Local Support

Did you know you can donate directly to Randolph 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.



# Educational Access & Excellence

## Family Nutrition Programs Annual Report for Randolph County

### SNAP-Ed Public Value Statement 2022

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$9,646,109 in federal funds to Missouri. The funds support engagement with 485,010 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri. There were 321,372 direct educational contacts. This year we had 1,383,799 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline

1,171 direct and indirect contacts were made in Randolph 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.

Schools	Agencies
Westran Elementary	Family Life Fellowship
Moberly Head Start	



**In addition to the numbers, Nutrition Program Associates Brittney Ames and Sarah Geist shared these success stories demonstrating local impact**



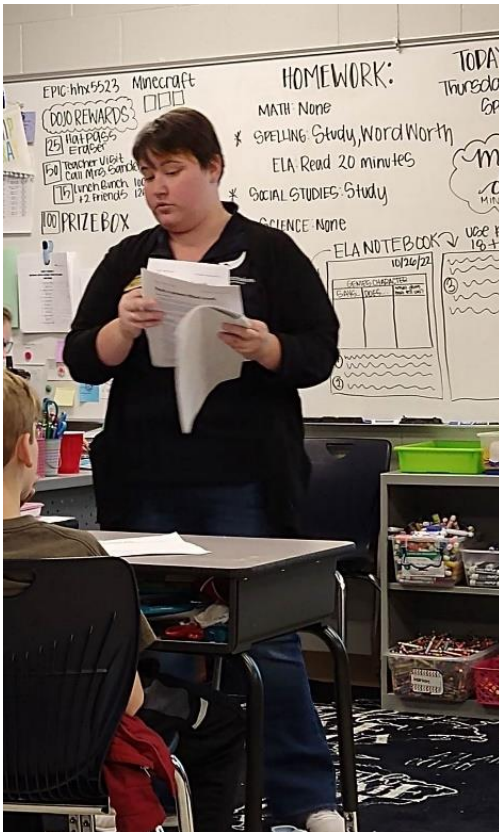
- I was able to complete my first class at the Moberly Head Start on November 30th. The children were very attentive and excited to see me. We learned about germs and used the Glo-Germ lotion, and the children all told me that they would work extra hard to wash their hands. One little girl told me that she was excited for me to come back. I asked, “Would it be okay if I visited again next week?” and she told me, “You can come back to visit, ALL the weeks!”
- I have started visiting Family Life Fellowship at their Dream Center during their food pantry days on Wednesdays. I am excited to return. The people that came into the Dream Center seemed excited to speak with me and took lots of flyers. I was able to complete a SNAP application while I was there and the man that I completed it with, thanked me for being so patient with him and said he would be telling anyone he knows that may need help applying to ask for me.



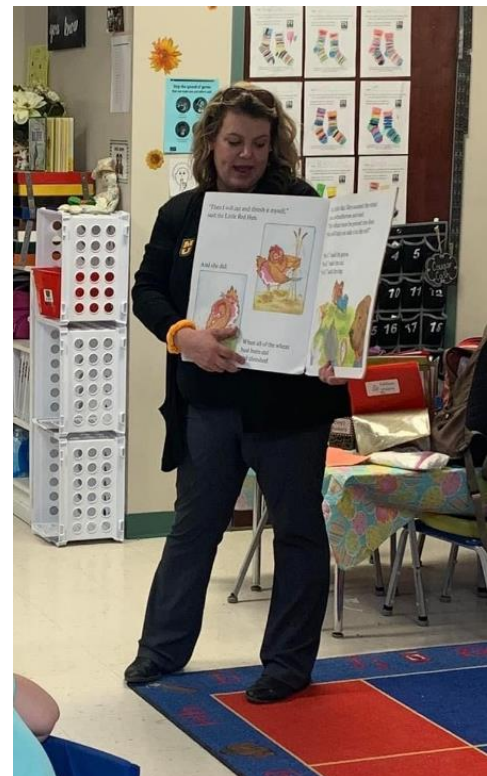
## Educational Access & Excellence

- Students at Westran Elementary enjoyed learning new recipes that were tasty, healthy, and quick to make- making them perfect snack and meal ideas for busy summer days and nights. Students used some unfamiliar ingredients- like jicama- and some more familiar foods in new combinations. When presented with a sandwich recipe that combined PEANUT butter with ricotta cheese, even the teachers had doubts.
- Show-Me Nutrition lessons create opportunities to explore new healthy food choices and encourages children to increase consumption of fruits and vegetables, whole grains, low-fat dairy, and lean protein choices and to increase physical activity. Preschool students are introduced to the food groups through books and a variety of engaging classroom activities. Preschool students enjoyed reading “The Little Red Hen”, which illustrates all the steps involved in making bread, from the field to the plate. After reading students stretched and moved to movements of bread making before tasting yummy whole grain foods.

Pictured below left, Britney Ames is sharing a Show Me Nutrition lesson in a classroom.

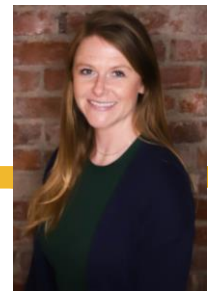


Pictured below right, Sarah Geist is reading the Little Red Hen to Kindergarten students.





## Health & Well-being



### Nutrition & Health

#### 100 Miles 100 Days

In May through September, Nutrition & Health Specialist, Candace Rodman, hosted the 100 Miles 100 Days program that included Randolph County. During this program, participants are challenged to move the equivalent of 100 miles throughout the 100 days of summer. Candace sends weekly reminders, community events, and educational materials to participants to keep them on track. The impact of this program includes engaged community members in Extension programming as well as long- and short-term health benefits as reported through post-surveys.

Through the 100-day program, there were **803** contacts made with Randolph County residents.



#### Stay Strong, Stay Healthy

In SSSH, participants remain physically active through improved strength, balance and flexibility and complete activities of daily living, resulting in reduced risk for falls, better overall health and greater independence. There were **77** contacts made in this program.



#### Chronic Disease & Diabetes Self-Management

Candace and Human Development and Family Sciences Specialist, Jeremiah Terrell, brought CDSMP to Randolph through a partnership with Caring Communities. Throughout the class, there were **120** participant contacts made. In an earlier Diabetes Self-Management class, there were **18** contacts made.

The Chronic Disease Self-Management program helps 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.

#### Taking Care of You

Candace also taught an online version of Taking Care of You, of which there were **15** contacts made from Randolph County residents.

Taking Care of You program supports the mental health of your community members. Taking Care of You is an evidence-based self-care and stress management program that gives participants the tools they need to effectively deal with the stress of life. Participants learn research-based techniques and concepts through self-reflection and hands-on activities.

Overall, there were over **1,033** Nutrition & Health contacts made in Randolph County



## Health & Well-being

### Jeremiah Terrell, Field Specialist in Human Development & Family Science

#### PROGRAM: TACKLING THE TOUGH SKILLS

Tackling the Tough Skills is a two-hour, five session, curriculum for building “soft skills” for work and life. Topics include: Attitude, Responsibility, Communication, Problem Solving, Preparing for the Workplace. This program had 45 contacts in Randolph County and was done in partnership with Caring Community Partnership. Participants were able to:

- Recognize how their attitudes have affected their lives
- Brainstorm ways to change negative self-attitudes
- Recognize their personal strengths, and see how in doing so they felt more responsibility in their lives
- Consider what commitments they were willing to make and to keep
- Make a plan for the future

#### PROGRAM: FOCUS ON KIDS

A 2.5 hour class, ordered by state statute, for all divorcing parents with kids still at home. The program reviews the five predictors of positive outcomes for children when their parents' divorce. Through class discussion and viewing video vignettes, parents are reminded of the importance of keeping their children out of the conflict. This program had 48 contacts in Randolph County and was done in partnership with the 14<sup>th</sup> Circuit Court.

Participants learn that:

- Avoiding conflict in front of the child improves the child's outcomes.
- Open & frequent communication between parents **must** be maintained.
- Children need to know: both parents love them & will remain in their lives and that the divorce isn't the child's fault.
- Importance of listening to their children.



#### PROGRAM: MENTAL HEALTH FIRST AID

Mental Health First Aid is a course that teaches participants how to identify, understand and respond to signs of mental illnesses and substance use disorders.

The training gives the skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

This program had 25 contacts in Randolph County and was done in partnership with Renick R-V School

#### PROGRAM: MAKING MONEY COUNT

*Making Money Count* is a curriculum designed to help participants improve their overall economic well-being.

This flexible curriculum can be used one-on-one or in group settings. Units can stand alone or can be combined with other units to provide a money management program or course.

This program had 126 contacts in Randolph County and was delivered in partnership with Caring Community Partnership.

# 244

Total of Human  
Development Program  
Contacts.





# Agriculture

## Agriculture Lenders' Seminars

*Darla Campbell, Mary Sobba, Joe Koenen, Karisha Devlin,*

Eighty lenders from 23 Missouri counties attended this year's seminars held in Mexico and Kirksville. Lenders learned about Crop and Livestock Outlook, Macroeconomics, Rental Rates & Land Values, MU Budgets, Input Costs, Renewable Energy, FSA, and MASBDA Programs. Lenders in attendance managed over 4271 farm loans totaling more than \$295,244,000.

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, market outlook, and other decision influencing factors affecting families' and businesses' financial health.

(Adair -4, Audrain-7, Boone-12, Callaway-6, Chariton-1, Clark-3, Cole-2, Knox-2, Lewis-1, Linn-2, Macon-3, Marion-4, Monroe-10, Pike-3, Putnam-2, Ralls-2, Randolph-4, St. Charles-1, St. Louis-1, Schuyler-3, Scotland-2, Shelby-3, and Sullivan-2)





# Horticulture

## Master Gardeners

In 2022, the Magic City Master Gardener Chapter in Randolph County completed 911.5 hours of service and continuing education. Of this, 823 were service hours to their communities with a value of \$24,648.85 using the value of \$29.95 for 2022 per volunteer hour from the Independent Sector. Master Gardeners are required to complete 6 hours per year of continuing education, which totaled 88.5 hours for the Randolph County Master Gardeners. Master Gardeners were involved in many projects including creating and setting up a display table with gardening information at the Little Dixie Library each month; guest on the KWIX radio greenhouse show; providing online gardening advice on the “Ask a Master Gardener” Facebook page; gardening consultations with Randolph county citizens; clean-up and maintenance in the railroad garden and clean-up and maintenance of flower beds at Rothwell Park in Moberly, and much more.



## Lavender Growers Workshop

Two Randolph county residents attended the Growing the Missouri Lavender Industry workshop on June 29 in Kirksville at the Adair County Extension Center. They learned which cultivars of lavender are best suited for northeast Missouri, how to care and maintain the plants, how to provide winter protection, how to prune lavender plants, how lavender is distilled into oil, and how to use lavender flowers to make crafts.

## Garden Talk Newsletter

Thirty-eight people from Randolph County receive a hard copy of the Garden Talk newsletter each month informing them of timely gardening tips and other important gardening information. The newsletter also includes upcoming horticulture programs and activities. Some residents receive it electronically.

## Online/Zoom Horticulture Programming

Throughout the year, MU Extension offered many horticulture related programs online or by Zoom that Randolph county residents participated in. Some of these included: The Garden Hour, Composting, Wild Ones-Native Plants, Soils 101, Produce Safety for Community Gardens, and Women Owning Woodlands

## Consultations:

Throughout the year, home gardeners and producers in Randolph County receive information and advice on various gardening questions, to help them make more informed choices about their vegetable gardens, flower gardens, fruit trees, soils, lawns and landscapes.



## Randolph County Agronomy Report- 2022

Dhruba Dhakal, Field Specialist in Agronomy

### **Private Pesticide Applicator Training**

This training educates 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. This help to protect and enhance natural resources and water quality in Randolph County and the state of Missouri.

### **Soil, Plant and Water Sample Test, On-site Farm Visit**

Extension office receives soil, plant and water samples from local people and send to soil testing lab. Field specialist in agronomy receives the test report and provide recommendation and interpretation to the clients. Specialists also visit crop, pasture, fruit and vegetable production farms to identify or diagnose the issues and provide research-based management options to the client. Timely diagnosis of issues in the farm helps farmers to save their crops, increase farmer's knowledge and awareness to adopt good agricultural practices (GAP). This helps to increase net farm income by increasing crop productivity and reducing production cost. The increased local economy in Randolph County contributes to the better Missouri state's economy.

### **Weekly Plant Diagnostic Clinic in field at Clark**

During crop growing season, on Friday mornings at the Clark Produce Auction, University of Missouri Extension agronomist Dhruba Dhakal sets up a table, plant posters and a MU Extension sign for a weekly plant diagnostic clinic in field.

Most of the producers from that area bring their plant tissue sample to the clinic when they come to auction, if they have any issues with their crops. From there I try to diagnose the issue at the clinic. Sometimes I have to take pictures and take plant tissue to the plant diagnostic lab, though.

When needed, I rely on help from MU Extension state and regional horticulturists to diagnose farmers' produce questions. For the most part, I try to have a turnaround time of no more than one week for a diagnosis and a list of solutions.

This program helped the local horticultural crop producers to diagnose crop issues on time and manage/control which helped to increase the crop productivity, improve product quality and increase the net farm income.



# 4- H Youth Development

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## 4-H Members

- There were 149 members in the traditional club program in Randolph County during the 2021-2022 4-H Year.
- Over 551 4-H members were engaged in science-related projects and experiences.
- Collectively youth participated in 1,490 hours of community club work in Randolph County.
- Over 500 hours of community service projects were completed by 4-H members and volunteers during the 2021-2022 4-H Year.

Randolph County served youth through 7 community clubs and 1 SPIN Club offering long-term educational experiences in which members learn life skills such as decision-making, public speaking, and working with others.

4-H members have demonstrated learning through the following activities:

- 144 youth participated in a total of 53 different events during the 2022 Randolph County 4-H/FFA Achievement
- 944 exhibits at the 2022 Randolph County Fair from 54 4-H members and 39 FFA members, who are also supported through youth programming.
- Randolph County youth exhibited over 40 exhibits in the 4-H Building and livestock shows at the Missouri State Fair.
- 4 state-level recognition forms were completed by members. These forms provide members with a vital step in the Experiential Learning Model. Members reflect on the things they have done and learned throughout the 4-H year and how they can apply what they have learned in the upcoming year.

4-H members learn under the guidance of adult volunteers who teach projects ranging from cake decorating and photography to animal science and shooting sports. Clubs involve youth and teens in community service, leadership opportunities, and educational trips. 4-H project work and related educational experiences help youth explore citizenship, communication, and leadership interests.

Randolph County members enrolled in a combined total of 638 projects in 2022.

## 4-H Volunteers

- There were 68 screened and oriented adult volunteers supporting the development of youth in the Randolph County 4-H program in 2022.
- Volunteers contributed 5,800 hours to the Randolph County 4-H program valued at \$173,710.



## **4- H Youth Development**

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### **4-H School Enrichment- Embryology**

- There were 500 students from 20 classrooms who participated in the Hatching Chicks in the Classroom program in 2022.
- Students participated in over 100 hours of learning with the “Chick It Out” program.

During the Embryology program, students learn about the 21-day development occurring within a fertilized, incubated egg that can result in the hatching of a chick. Students identify the parts of an egg and discover what each part provides for the developing chick. Students learn how to tell if an egg is raw or boiled and explore the strength of the egg’s shell providing protection to the developing chicks. Students review the necessity of hand washing due to potential contamination caused by salmonella in poultry and poultry products. Students often gain experience with death and disabilities. Throughout the experience, students are charged with rotating the eggs three times a day and are responsible for checking to make sure the incubator has water and is maintaining the correct temperature. Once the chicks hatch, the students care for them, providing feed, water, warmth, and a calm environment.

### **4-H School Enrichment- Navigating Mental Health**

- There were 35 7<sup>th</sup> and 8th-grade students in Randolph County who participated in the Navigating Mental Health-Your Thoughts Matter Program
- Students participated in a collective of 20 hours of learning through the program

Randolph County Extension Youth Specialist Lyann Ritter partnered with Randolph County Caring Communities and the Firearm Suicide Prevention Committee to host a pilot program regarding youth mental health at the Higbee School. The curriculum used for this program was the Ohio State University’s 4-H Curriculum “Navigating Mental Health-Your Thoughts Matter”.



# Community Events



Candace, Nutrition & Health Specialist, Brittney, Nutrition Program Associate, and Penny, Master Gardener, set up a booth and provided tastings, SNAP Outreach, and gardening Q&A at the Randolph County Farmers Market from May to October.

Candace and Brittney provided nutrition education to youth with fun trivia games at the Candy Cane Lane event in Moberly.



The Building Communities for Better Health Coalition hosted the grand opening of the Wellness Walk with Extension and other community partners as part of an initiative to increase physical activity in the community.



Extension hosted a cornhole tournament at the Finnell Complex in Moberly. MU Athletics was there as part of their state tour.

