



UNIVERSITY OF MISSOURI EXTENSION

Sullivan County 2025 Annual Report

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**SERVE MISSOURI.
DELIVER MIZZOU.®**

 **Extension**
University of Missouri
an equal opportunity/ADA institution



Office of Extension
and Engagement
University of Missouri

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Dear County Commissioners, Elected Leaders, and Friends of MU Extension and Engagement,

As I reflect on the past year, I am struck by the remarkable progress we have made together. MU Extension continues to deliver on its mission of linking the University of Missouri with every community across our state, ensuring that Missourians have access to the knowledge, resources, and partnerships they need to thrive.

Through the dedication of our faculty, staff, councils, partners, and advocates, MU Extension continues to make a measurable difference across Missouri. Last year, we had more than 1.5 million educational contacts and generated more than \$1 billion in economic impact. Building on that momentum, your support also helped secure a \$5 million recurring increase in state funding. This important milestone is already being invested in people, programs, and facilities to strengthen agriculture, improve health and well-being, support local economic development, and prepare youth for leadership through 4-H.

We have also adapted to new realities. Even as the sunset of federal SNAP-Ed funding forced hard choices, our commitment to delivering nutrition and health programs to families in need has not wavered. We are expanding investments in rural health, civic leadership and community development to address the priorities Missourians tell us matter most. We are also aligning our work with university, state, and federal priorities to maximize impact, whether in rural healthcare, agricultural innovation or workforce development.

Our strengths remain clear: people, programs, and partnerships. From nearly 6,000 4-H volunteers to county council members, master gardeners, and master naturalists, Extension thrives because of the dedication of those who serve. Our trusted, research-based content was accessed nearly 2 million times and downloaded more than 76,000 times last year, and innovative programs, from soil testing to urban revitalization initiatives, continue to meet Missouri's evolving needs.

Thank you for your continued partnership. MU Extension belongs to all Missourians, and together we will keep building resilient communities, fostering innovation, and preparing our state for the future.

With appreciation,

Chadwick C Higgins

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

University of Missouri, Lincoln University, U.S. Department of Agriculture and Local Extension
Councils Cooperating

EQUAL OPPORTUNITY/ADA INSTITUTIONS

WHO WE ARE

Faculty and Staff



Tracie Moore
Extension Engagement Specialist
Hillary Robedeaux
Youth Program Educator
Kendra Sayre
County Office Support
Amber Sayre
County Office Support
Darla Campbell
Field Specialist in Community
Development
Zac Erwin
Field Specialist in Livestock
Jennifer Schutter
Field Specialist in Horticulture
Mary Sobba
Field Specialist in Agricultural Business
Valerie Tate
Field Specialist in Agronomy
Jeremiah Terrell
Field Specialist in Human
Development
Mike Krauch
Regional Director

Council Members

Gregory Snyder, Chairman
Ethan Fordyce, Vice-chairman
Nancy McCully, Secretary
Jodi Deterding, Treasurer
Christine DeRyke
Cody Ford
Geri Riddick
Barb Snyder
Michael Williams



County Commissioners

Chris May
Presiding Commissioner
Rye Page
First District Associate Commissioner
Michael Williams
Second District Associate Commissioner

BUDGET AND MORE

Appropriations budget

| | |
|-------------------------|-----------|
| Income | |
| County Appropriations | 50,000 |
| Total Income | 50,000 |
| Expenses | |
| Salaries/Benefits | 14,235.43 |
| Travel | 1,546.75 |
| Telephone | 944.33 |
| Office Supplies/Service | 2,786.53 |
| Postage | 134.42 |
| Insurance | 799.00 |
| Contract Services | 314.28 |
| Total Expenses | 20,760.74 |

Return on investment

| | |
|---|---------|
| University System (average per county) | 154,000 |
| Donations | 440 |
| Program Revenue | 750.40 |

State Fair Farm Family

Each year, the Sullivan county MU Extension Council, in cooperation with the Missouri Farm bureau selects a family to represent them at the Missouri State fair. We select a family actively engaged in agriculture, supporters of MU Extension, active in their community through leadership roles in organizations, support youth in areas such as 4-H and FFA and are respected by the neighbors and community. The Steven and Nancy McCully family was selected to represent Sullivan county for 2025.



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



Local support

Did you know you can donate directly to *Sullivan* County Extension with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a specific program such as 4-H or Master Gardeners.

UM SYSTEM COUNTY IMPACTS

MU Extension in Sullivan Community Impact Report

This report offers a detailed overview of how MU Extension positively impacts Sullivan County, showcasing the meaningful ways local engagement supports residents. It includes data on the number of students, employees, retirees and alumni affiliated with the University of Missouri System, along with the healthcare and extension services provided over the past year.

In addition, the report highlights the broader contributions of the UM System across Missouri in key areas such as education, research, healthcare, economic development and public service. It features metrics like job creation, financial aid distribution, research investment, healthcare access and broadband expansion.

This report is a valuable resource for understanding the measurable benefits the UM System brings to Missouri communities. It supports informed decision-making, advocacy efforts and strategic planning by illustrating the tangible impact of university-driven initiatives at both the local and statewide levels.

[Access the Sullivan County's Impact Report.](#)



GRAND CHALLENGES

Grand Challenges

The Grand Challenges — Economic Opportunity, Educational Access, Health and Well-being, and Agricultural Stewardship — represent the most pressing issues facing Missouri communities. They are important because:

By focusing on these challenges, MU Extension in Sullivan County can better leverage university resources, data and partnerships to empower people to improve their lives, businesses and communities.

This report presents localized data and insights in how MU Extension in Sullivan County is addressing these challenges. Each section breaks down county-specific statistics compared to state averages.

[Access the Sullivan County's Grand Challenges Report.](#)





MU Extension **Serves MISSOURI and Delivers MIZZOU**
through credible statewide programs

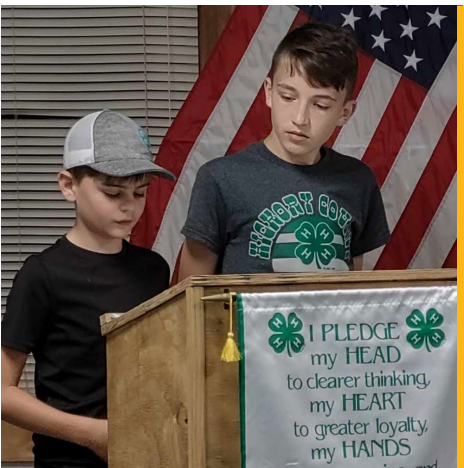
Missouri 4-H for Ages 8 – 18



What is 4-H?

4-H is where Missouri's young people find their spark and learn by doing. Whether raising animals, coding robots, growing gardens, or giving back to their neighbors, 4-H members gain real-world skills with the help of caring mentors.

Rooted in University of Missouri Extension, 4-H connects classrooms, communities, and families to create learning that sticks—building confident, capable leaders who are Beyond Ready for life. In 4-H, youth discover their strengths, practice resilience, and learn to lead with heart—preparing them not just for what's next, but for anything that comes their way.



Community clubs are at the heart of 4-H. Led by trained volunteers, members come together regularly to learn, lead, and serve. Youth elect officers, enroll in projects, and plan hands-on activities that build leadership, teamwork, and responsibility. Some clubs focus on a single project—like photography or livestock—while others explore a variety of topics throughout the year.

SPIN (Special Interest) **clubs** provide a short-term way to dive deep into a specific topic with expert guidance. These clubs meet for several weeks to a few months, giving youth flexibility while developing skills to be Beyond Ready for life.



4-H brings hands-on learning directly into schools through in-school and afterschool programs that extend classroom lessons. **Teachers, 4-H professionals, and volunteers** guide students through 4-H projects in areas such as science, agriculture, health, and leadership, helping youth connect learning to the real world.

Programs like **Show Me Embryology** give students a front-row seat to science in action as they watch chicks hatch and explore the life cycle of a chicken. These experiences help students grow curiosity, confidence, and critical thinking skills, preparing them to be Beyond Ready for whatever comes next.

Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



Health
& Well-Being

Local Impact

4-H Youth Development in Sullivan County is a community of 388 youth building life skills, contributing to their community, and becoming college and career ready.

About 1 in every 3 Sullivan County youth under the age of eighteen participated in a MU Extension 4-H Youth Development program in 2025.

4-H programs are grounded in the belief that youth learn best by doing. Through hands-on projects like science, health, agriculture, and civic engagement in a positive environment, youth receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Youth have the opportunity to concentrate on one focus area, or they can try a variety of programs throughout their 4-H experience. Sullivan County served youth through 5 community clubs, 1 After-school 4-H Club and 5 in school STEM classes offering long-term educational experiences in which members learn life skills such as decision making, public speaking, and working with others.

There were 388 members in the community clubs, SPIN clubs, in-school, and afterschool 4-H clubs in Sullivan County during the 2024-2025 4-H Year. Collectively youth participated in 440 hours of community club work in Sullivan County.

4-H members have demonstrated learning through the following activities: 16 youth participated in a total of 5

different events during the 2025 Sullivan County 4-H Achievement event. Fifty exhibits at the 2025 Sullivan County Fair from 15 4-H members who are also supported through youth programming. Sullivan County youth exhibited over 15 exhibits in the 4-H Building and livestock shows of the Missouri State Fair. One state level recognition form was completed by a member. 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 Clubs offer in-depth educational experiences in which members learn life skills such as decision making, public speaking, and working with others. Members learn by doing under this guidance of adult volunteers, who lead a wide variety of projects that support 4-H





members in finding their SPARK. Club and project leaders also involve youth and teens in community service, leadership opportunities, and educational trips. 4-H project work and related educational experiences help youth explore interests in citizenship, communication, and leadership.

Sullivan County members enrolled in a combined total of 148 projects in 2025. The top project areas included rabbits, swine and Arts and Crafts.

Impacts of 4-H Programming

4-H members are twice as likely to go college compared to their non 4-H peers and they tend to pursue careers in STEM fields (Lerner & Lerner, 2011).

4-H also prepares youth for the workplace. Youth must be prepared to live and work in a world we cannot completely envision- competing for jobs that do not yet exist, using technologies that have yet to be identified. 4-H is the only youth development program with direct access to technological advances in agriculture, life sciences, and social sciences from the university system. This brings relevant science content and hands-on learning that helps youth thrive (Arnold, Bourdeau, & Nott, 2013).

4-H Volunteers

- Sullivan County 4-H members were supported by 45 enrolled, screened and oriented adult volunteers supporting the development of youth in 2025.
- Volunteers contributed 4,500 hours to the Sullivan County 4-H program valued at \$156,555.

Volunteers participate in development opportunities like project leader training and club leader summits, in addition to ongoing support from MU Extension youth faculty and staff gaining knowledge in how to offer a valuable learning experience for the youth they are working with while maintaining a safe, supportive environment. Volunteers create, support, and are a vital part of the 4-H community. Dedicated volunteers help to organize club meetings, fundraisers and events. They also provide learning opportunities for youth in their projects, teaching life skills and instilling qualities of character like respect and responsibility in members. Adult volunteers serve as mentors for our youth, helping them transition into caring, healthy adults who contribute back to their communities, which is priceless.



Missouri 4-H

Sullivan County 4-H Members: Their Story and Things They Have Learned Through 4-H

- If my 4-H project could talk it would say “Hey! Bring me to life!”
- Which line or part of the 4-H pledge means the most to you and why? The line that means the most to me is, “I pledge my head to clearer thinking”. To do my best in everything I do, I must think through my choices and make good decisions to reach my goals.
- Wesley says his favorite pledge line is “*my health to better living*,” because he wants to stay healthy.

4-H School Enrichment- Embryology

There were 182 students from ten classrooms who participated in the Hatching Chicks in the Classroom program in 2025.

Students participated in over 90 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.

Impacts of School Enrichment Programming

Students practice life skills including decision making and responsibility, helping them to develop qualities that will shape their development into adults. Students are provided with the

opportunity for a practical experience that connects with the core subjects of communication arts, math, science, and health. Youth with hands-on experience with science are more likely to pursue science-related careers, which are critical to our county, state, national, and global economy. Students are conscious of the need to practice proper hand washing techniques to prevent the spread of illness and disease. Students also learn compassion and develop an understanding of how to accept individuals with disabilities, as well as how disabilities can be compensated for.

Resources

Arnold, M., Bourdeau, V., & Nott, B. (2013). Measuring science inquiry skills in youth development programs: The Science Process Skills Inventory, *Journal of Youth Development*, 8(1).

Independent Sector (2023). Independent sector releases new value of volunteer time \$31.80 per hour. Retrieved from:

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Lerner, R.M., Lerner, J.V. (2011). The positive development of youth: Report of the findings from the first seven years of the 4-H Study of Positive Youth Development.

Retrieved from <http://www.4-h.org/about/youth-development-research/>.

U.S. News and World Report (2011). How Higher Education Affects Lifetime Salary. Retrieved from

<https://www.usnews.com/education/best-colleges/articles/2011/08/05/how-higher-education-affects-lifetime-salary>



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



MU Extension Specialists quickly respond to **emergencies and disasters** across the state. If a disease outbreak occurs in livestock, specialists are there. If a natural disaster such as flooding occurs, specialists are there. Missouri farmers can count on MU Extension to guide them through emerging issues with knowledge and expertise.



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



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



The Missouri Integrated Pest Management Program (IPM), funded by USDA grants, has been an important extension program for more than 30 years. Mizzou IPM distributes articles, pest monitoring data and publications on how to improve the application of integrated pest management strategies and systems in crops. In addition, the new Soybean Growth Monitoring Report is released through IPM every two weeks during the growing season.

The MU Soil Testing Program delivers research-based nutrient and lime recommendations to more than 32,500 customers annually.

Legend



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Agriculture and Environment

Profiles and stories

Sullivan County Ag Night

Local producers, landowners, and ag professionals gathered in September for an informative Agriculture Night hosted by the Sullivan County MU Extension Council. This event was designed to strengthen knowledge around key issues shaping today's farming landscape. The evening featured three focused presentations about farm leases, weed control and calving.



Valerie Tate, Specialist in Agronomy discussing weed control at the Sullivan County Ag Night.



Mary Sobba, Specialist in Agriculture Business giving a presentation about farm leases.



Sullivan County Ag Night dinner served by 4-H volunteers, members and Extension Council Members.

Agriculture and Environment

Private Pesticide Applicator Training

The private pesticide applicator license issued by the Missouri Department of Agriculture is required for producers wanting to purchase and apply restricted use pesticides. Restricted use pesticides are classified as such because without additional training they pose a risk to people, animals, or the environment. Agricultural producers needing to obtain or renew certification of this license must take this pesticide safety training every five years. New licensing requirements went into effect in 2025 which required producers to obtain a Category 20-CORE license which was valid for many restricted use pesticides. Producers who purchase and/or apply soil fumigants, non-soil fumigants, or apply restricted use pesticides using a drone, helicopter or airplane on their own farm or farmland they rent, must obtain supplemental licenses in addition to the CORE.

During the training, participants learn about:

- safe handling of pesticides
- proper mixing, calibration techniques
- environmental ramifications of improper mixing or careless application
- chemical breakdown of pesticides in the environment
- what records are needed
- pesticide formulations
- personal protective equipment and how to clean it
- pesticide storage
- common Missouri pests
- integrated pest management (IPM) techniques.

During 2025, nine agricultural producers in Sullivan County were trained and licensed to purchase and apply restricted use pesticides.

Soil Testing

Soil testing is a valuable tool for farmers. It is a process used to estimate the ability of the soil to support plant growth. Samples submitted to the University of Missouri Soil Testing Laboratory are analyzed for pH and nutrients including phosphorus, potassium, calcium, and magnesium. Soil can also be tested for micronutrients including sulfur, zinc, manganese, iron, and copper.

The objectives of the MU Soil Testing Laboratory are:

- to help farmers make effective use of fertilizer to increase their financial returns
- benefit society with improved environment and water quality through efficient use of fertilizer
- to ensure public and private labs are providing reliable and quality soil test results to the citizens of Missouri.

University of Missouri Soil Testing Laboratory ensures Missouri farmers are efficiently using the plant nutrients which are applied to agricultural fields by providing unbiased, research-based fertilizer and limestone recommendations based on soil fertility analysis. This is a cost-effective way to determine if adequate fertilizer is being applied to obtain the yield goals set by the farmer. It also ensures the farmer is not applying excess fertilizer, which is not only costly, but can be damaging to the environment. In 2025, the MU Soil Testing Laboratory analyzed 18 soil samples from Sullivan County.

Agriculture and Environment

Master Gardeners

In 2025, Sullivan County Master Gardeners volunteered 442.5 service hours with a value of \$15,394.5 using the value of \$34.79 for 2025 per volunteer hour from the Independent Sector. Master Gardeners are required to complete 6 hours per year of continuing education, which totaled 650 hours for the Sullivan County Master Gardeners. The chapter's community service projects included: beautification at the scatter garden in Oakwood Cemetery in Milan; beautification at Green Castle City Hall, local churches and the Depot which included planting and bed maintenance throughout the summer and fall; helping elderly gardeners care for their garden beds; and lawn holding a plant sale for the public. Paul and Sandra Henley, were recognize as Emeritus Master Gardeners with over 20 years of service to the program.

Women in Agriculture:

A Women in Agriculture program was held November 5, at Wildflower Grove in Green Castle. Twenty-five women attended the workshop, with 6 of them from Sullivan County. Various sessions on agriculture topics were taught throughout the day. These included Estate and Financial Preparedness, Artificial Intelligence and Agriculture, Missouri Beef Industry Update and Plant Diagnostics. Women in Agriculture programs bring women together to network, form connections, and gain knowledge they can use in their farm operation or agriculture business.

Garden Talk Newsletter:

Sixty-one people from Sullivan County receive 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.

Horticulture Consultations

Throughout the year, citizens of Sullivan County receive information and advice on various gardening questions to help them make more informed choices about their vegetable gardens, flower gardens, fruit trees, lawns and landscapes and soil testing.



Agriculture and Environment

Food Safety Modernization

The Food Safety Modernization Act (FSMA) ensures the U.S. food supply remains safe by shifting the focus from responding to contamination to preventing it in livestock feed. MU Extension livestock specialist Brenda Schreck works directly with agricultural firms that provide and/or process livestock feed to develop and maintain feed safety plans. In Sullivan County, one plan is maintained as part of ongoing compliance efforts.

Across Northeast Missouri, Schreck continues to maintain 23 plans for elevators and feed manufacturing firms. Discussions focus on implementing documentation for preventive controls and maintaining accurate records as required by the FDA. Feed safety manuals help firms track preventive measures and ensure animal feed safety standards are met.

Agriculture Lender Seminar

Sixty-five lenders from 20 Missouri counties and Illinois attended an ag lender seminar in Mexico. Lenders learned about crop and livestock outlook, agriculture & tax policy, rental rates & land values, input costs and enterprise budgets and regulatory updates. The average tenure of agricultural lender was 12 years with a range of 1 to 38 years. On average, lenders had 207 agricultural loans in their portfolio with an average loan size of \$33,526. Given this information, it is estimated the Mexico Agricultural Lenders Seminar reached 13,455 loans valued at 4,487.6 million dollars. Attendees drove an average of 49 miles to attend the program with a range of 5 to 95 miles.

By attending University of Missouri's Agricultural Lenders' seminars, lenders gain

knowledge to help their clients make better decisions based on objective education and resources. More information and better decisions benefit their portfolio of producers, landowners, and agribusinesses through enhanced understanding of enterprise budgets, market expectations, and other decision-influencing factors affecting families' and businesses' financial health.

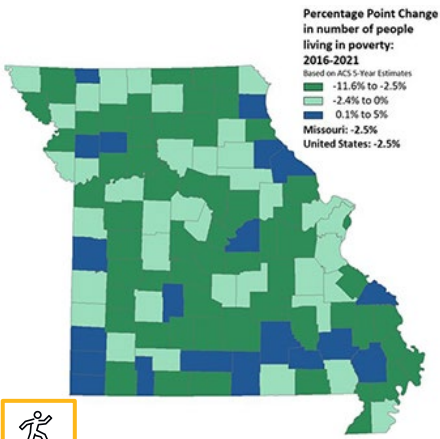
Participants described the seminar as informative, well-organized, and enjoyable. Several complimented the quality of the presentations and expressed appreciation for the event overall. In addition to the ag lender seminar in Mexico, there were seminars in Chillicothe, Jefferson City, Springfield and Warsaw. The total statewide attendance was 198 ag lenders. Two lenders from Sullivan County attended a 2025 Ag Lenders Seminar.





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Business and Community



The **Missouri Economy Indicators (MEI)** series explores business, industry and workforce topics that affect Missouri's economy. The data is shared through newsletters and on social media. MU Extension faculty and staff receive talking points and collateral to share with local stakeholders.

In 2022, MEI published 15 issues, and MEI online resources were accessed MORE THAN 5,000 TIMES. Two out of five MEI newsletter recipients reported using the information to help guide policy or decision-making in their work.

AMERICA'S SBDC MISSOURI CLIENT HIGHLIGHT



LOGS
— OF —
GLORY

The **Missouri Small Business Development Centers (SBDC)** provide professional training and customized one-on-one counseling to small business across the state. Working with the Missouri SBDC helps business owners make confident decisions.

FY2020-2022, Missouri SBDC ASSISTED 878 STARTUPS and helped Missouri small businesses earn more than \$440 Million.

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

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



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

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

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Health
& Well-Being

Business and Community

Local Impact

Farmers' Markets are a Primary Source of Price Data

The Missouri Department of Agriculture partnered with University of Missouri Extension to collect farmers' market price data on crops present at Missouri farmers' markets June-October of 2025. Five MU Extension Specialists collected data while providing production, marketing, and financial resources to producers around the state. The data is available seasonally on MDA's website and helps new and experienced producers determine market prices for their products. There was a total of 45 different markets visited in 2025 with 1908 prices collected.

Darla Campbell, Specialist in Community Development made 16 market visits to 12 different markets in Northeast and Central Missouri. These markets were in Kirksville, Unionville, Brookfield, Milan, La Plata, Louisiana, Hannibal, Palmyra, Mexico, Lancaster, and Columbia. Eight vendors from the market in Milan participated data point collection.



Business and Community

Extension Tax Schools

University of Missouri Extension coordinated and offered tax education through one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and an online school. The schools were designed for those who prepare taxes including enrolled agents, tax preparers, CPAs, individuals, and attorneys.

The training included updates on legislation, rulings and cases, individual taxpayer issues, agricultural and natural resources topics, ethics, trusts and estates, agriculture and natural resource tax issues, business tax issues, business entity tax issues, IRS issues, installment sales, tax benefits of home ownership, retirement tax issues, and individual tax issues. The schools were approved for up to 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 4,024 hours.

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

The evaluations had many positive comments and helpful suggestions. One comment from an online participant was "The video was outstanding – best I've seen on any CPE I've done live.". Planning is underway to offer trainings in 2026. 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, 2025 National Income Tax Workbook from the Land Grant University Tax Education Foundation, and materials written by the instructors.

The 2025 school attendance totaled three hundred eighty-nine people, which was an 11% increase from 2024. The participants were from throughout Missouri and two from out of state. One participant was from Sullivan County.





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through credible statewide programs

Continuing Education



The **Missouri Extension Disaster Education Network** provides education and technical assistance to individuals and families, local governments, schools and organizations so they can prepare for and respond to natural and man-made disasters. Because of the unique relationship it maintains with each community, MU Extension is a key resource for the public, emergency services and public officials.



The programming from the **MU Fire and Rescue Training Institute** (MU FRTI) is available to all qualified fire and emergency first responders. Seventy percent of courses are held at the local departments or agencies. With most of the state's fire service personnel considered volunteer or part-time, this local access and flexibility assures training opportunities for all firefighter and emergency responders.



MU **Continuing Education for Health Professions** (CEHP) provides evidenced-based, relevant and responsive learning activities designed to narrow professional practice gaps with respect to knowledge, competence, and performance of the healthcare team. A commitment to lifelong learning, in partnership with those we serve, contributes to excellence in practice and improved health outcomes.

**CEHP provided 169 LEARNING ACTIVITIES
which reached over 53,000 PROFESSIONAL
across all Missouri counties.**

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Health
& Well-Being



MU Extension **Serves MISSOURI and Delivers MIZZOU**
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Health and Human Sciences



The **Diabetes Prevention Program** is recognized as “Full Plus,” the highest status given by the CDC and is provided by licensed lifestyle coaches to prevent type 2 diabetes. Through lifestyle changes participants can achieve sustainable weight loss, increase in physical activity and learn coping skills to manage stress.

**More than 1 IN 3 PARTICIPANTS
have reached the
5-7% WEIGHT LOSS GOAL.**



A Matter of Balance helps older adults overcome their fear of falling, increase their activity levels and reduce their risk of falls. In eight classes, participants learn fall-prevention strategies, develop personal prevention plans, acquire balance-improving exercises and make lifestyle changes to minimize their fear of falling.

“I have cleaned my house of clutter for safety, put non-slip stickers on my tub floor, I’m getting much more regular exercise and I’m feeling stronger.”



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

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

Legend



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Health and Human Sciences

Wits Workout

Wits Workout is based on brain health and aging research. “Just like muscles, our brains need exercise to maintain flexibility and strength,” says Byers, co-author of Wits Workout. “Challenging ourselves with new and diverse activities promotes cognitive health and can help maintain brain function as we age.” This program challenge your brain and educates participants about keeping their brain healthy.

This program had 14 contacts in Sullivan County and was done in partnership with the Milan Senior Center.



SNAP-Ed Public Value Statement 2025

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,419,598 in federal funds to Missouri. The funds support engagement with 70,722 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active and healthy eating on a budget. This year we had 970,939 indirect educational contacts through newsletters, health fairs, and food pantries.

4,596 direct and indirect contacts were made in Sullivan 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.