



UNIVERSITY OF MISSOURI EXTENSION

Marion County

2024 Annual Report



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



December 2024

Dear county commissioners, elected leaders and friends of MU Extension and Engagement,

As we reflect on the past year, I want to express my deep gratitude for your support of MU Extension and for your partnership in enhancing the lives of Missourians.

Your support for MU Extension fuels Missouri's agriculture, strengthens families, prepares our youth and promotes the health, well-being and vitality of our communities. Over the past year, our programs have focused on addressing key needs throughout the state:

- **Expanding access to 4-H:** To make 4-H more accessible, we've introduced more in-school and after-school clubs, reducing barriers and creating opportunities for young Missourians to develop essential skills and leadership abilities.
- **Supporting agriculture and land stewardship:** We're addressing critical issues such as succession planning for family farms, rural mental health, agricultural business management and land stewardship. These initiatives are helping Missouri's farmers plan for the future and preserve the health of our land for future generations.
- **Advancing health initiatives:** Our team of community health field specialists, covering every region of the state, works directly with local leaders to assess health needs and bring UM System resources and expertise to these communities, supporting healthier lives and stronger communities.
- **Promoting economic development:** MU Extension is helping to create economic opportunities by working with individuals, supporting businesses in their growth and collaborating with communities to enhance local vibrancy. Through these efforts, we help bring new jobs, skills and possibilities to Missourians across the state.
- **Providing essential training:** Our continuing education programs prepare Missouri's firefighters and health care workers to meet the demands of their roles with the latest skills and knowledge, ensuring they are well-prepared to serve our communities.

As you read through this annual report, I hope you feel as proud as I do of the accomplishments we've achieved together. The dedication and professionalism of MU Extension's faculty and staff are inspiring, and I am grateful to work alongside them—and each of you—as we make Missouri a stronger, healthier and more vibrant place. Thank you for your continued support and partnership. Together, we are serving Missouri by delivering the University *for* Missouri.

Warm regards,

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

Who we are

Faculty and staff



Michael Krauch
Regional Director



Lisa Doster
Extension Engagement Specialist



Deann Turner
Nutrition Program Manager



Karen Coleman
Youth Program Associate



Laurie Kurre
Nutrition Program Associate



Robert Wesslak
Field Specialist in Agronomy



Daniel Mallory
Field Specialist in Livestock



Justin Key
Field Specialist in Horticulture



Carrie Elsen
Field Specialist in Nutrition and Health



Jeremiah Terrell
Field Specialist in Human Development



Sean Freeman
Director of Hannibal Small Business
Development Center

Extension Council

Officers:

Amy Masterson
Chairman

Mason Burch
Vice-chairman

Rose Hudson
Secretary

Marcia Bross
Treasurer

Members:

Barbara Bimson

Melinda Griesbaum

David Redd

Nathan Crane

Kay Ellis

Aaron Ball

Kristy Trevathan

Kara Viorel

Austin Yackley

Steve Begley



County Commissioners



David Lomax
Presiding Commissioner



Larry Welch
Eastern District Associate Commissioner



Lacey Miller
Western District Associate Commissioner

Budget and more

Appropriations budget

Income

County Appropriations	58,500.00
Total Income	58,500.00

Expenses

Salaries/Benefits	55,088.15
Travel	4,389.00
Postage	473.00
Telephone	511.00
Advertising	277.50
Copy Services	207.73
Office Supplies/Service	804.72
Insurance	2,847.00
Total Expenses	64,598.91

Local Support

Did you know you can donate directly to Marion 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.

SERVE MISSOURI.
DELIVER MIZZOU.®



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

Marion County



UM System Footprint in the county in 2024



FY24 county students

179 students

- 140 Undergraduates
- 39 Graduate and professional students
- 146 Full-time students
- 33 Part-time students
- 39 Pell grant recipients (aid year 2024)



County employees and retirees

30 people employed by UM

- 21 Campuses
- 8 MU Health Care (includes additional employees gained via the recent integration of Capital Region Medical Center)
- 1 UM System

6 UM retirees and beneficiaries
 UM salary and retirement income: \$981,868
 UM state tax revenue: \$29,602
 UM federal tax revenue: \$159,551



County alumni

Selected school alumni

- 43 Medicine
- 49 Nursing
- 91 Health Professions
- 15 Dentistry
- 11 Pharmacy
- 1 Optometry
- 15 Veterinary Medicine
- 185 Agriculture
- 126 Engineering
- 44 Law

Alumni teaching K-12

- 42 teachers
- 10.3% of all district teachers
- 5 principals and administrators
- 25.0% of all district principals and administrators



County breakdown

MU

- 136 students
- 763 alumni
- 17 employees

UMKC

- 16 students
- 81 alumni
- 3 employees

Missouri S&T

- 18 students
- 81 alumni
- 0 employees

UMSL

- 9 students
- 58 alumni
- 1 employee



County population: 28,493



County services provided

Health care (FY24)

- 1,391 in-state patients seen at MU Health Care, with \$814,379 of uncompensated care
- 2 in-state patients seen at UMSL Center for Eye Care with a statewide average of \$32.18 per patient in uncompensated care
- 2 in-state patients seen at UMKC School of Dentistry with a statewide average of \$52.57 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 302 visits to 199 patients having ZIP codes associated with the county

Extension (2023)

- 5,365 Total educational contacts from MU Extension to residents of the county, including:
 - 483 contacts related to productive farming, better gardening, and managing natural resources
 - 4,285 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
 - 334 contacts related to starting businesses, developing community leaders, or renewing the local economy



Construction projects

- \$311,651 remitted to 1 county vendor, for 4 projects



County properties and offices

MU Extension in: Marion County

Marion County



UM System Statewide Footprint

Economic and Community Development Highlights

- In FY23, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 98,527 jobs.



For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY18 and FY23, UM System brought Missouri more than \$1.58 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY24, UM System was issued 29 patents and filed 69 new U.S. patent applications.

- In FY24, the UM System awarded 707 design and construction project contracts throughout Missouri, for a total investment of \$287.3 million in the state.



In FY24, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 16,687 hrs of case-based instruction to 3,113 learners located in 105 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



40,542 police, fire fighters, and medical professionals attending continuing education (2023)



Agriculture and natural resource programs served 369,077 farmers and related businesses (2023)

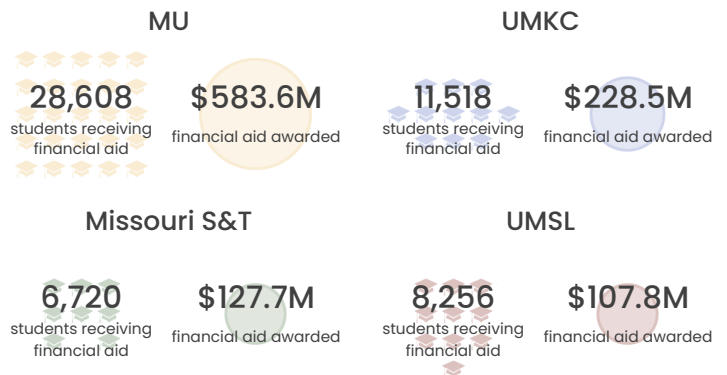


210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

Education Highlights

FY24 Financial Aid Awards

In FY24, 69.7% of the UM System's 79,014 students received financial aid totaling \$1.048 billion



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 484 K-12 school districts (830,000 students) and 134 public libraries (serving nearly 3 million Missourians) in 2023.

- UM System awarded 50.5% of the 31,689 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2023-24.
- UM System awarded 35.0% of the 1,776 research doctorates and 26.8% of the 3,796 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2023-24.
- In FY24, UM System's \$30.7 million in National Science Foundation (NSF) grants represented 96.9% of all NSF grants made to Missouri public colleges and universities.
- In 2024, over 12,400 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure.

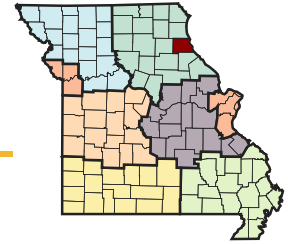
Supporting the University of Missouri is an investment in the future of Missouri.

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2024, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation



Missouri Grand Challenges: Local Solutions



MARION COUNTY

Knowing Missouri's Needs

MU Extension asked Missourians to share the greatest challenges they and their communities face.

We heard that feedback and made big changes in the way we work with council and local partners to improve lives. Locally, a network of county engagement and subject matter specialists now share MU's knowledge, research and engagement, targeting programs, information and assistance in:

- agriculture and environment
- youth and family
- business and community
- health and safety

For each grand challenge, MU Extension and Engagement targets a specific gain by 2023:



Economic opportunity

Increase MU Extension and Engagement's economic impact to the State of Missouri from \$1 billion to \$1.5 billion overall, and from \$88 billion to \$100 billion in agriculture, the top economic sector



Educational access and excellence

Increase participation in postsecondary education from 66% to 70%



Health and well-being

Improve Missouri's health ranking from 40th to 35th in the nation

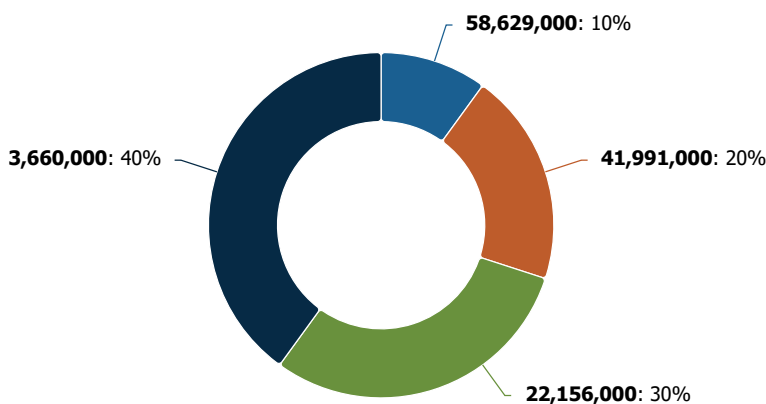
Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: *Agricultural Economics*

Leading Agricultural Products

Total Rank (Sales): \$10



Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2022.

Net Farm Income

Net farm income (total sales, government payments, and other farm-related income minus total farm expenses) reflects the strength of the local agricultural community and can be an important measure for lenders and policy makers. The report area had a combined net farm income of \$52,691,000 in 2017, an average of \$95,282 per farm. This compares favorably to the statewide average farm income of \$56,606.

Report Area	Total Farms	Average Farm Income
Marion	553	\$95,282
Missouri	87,887	\$56,606

Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2022.



CHALLENGE 2: Educational Access and Excellence: *Early Childhood Education*

Access to Early Childhood Education

Head Start is an early childhood education program for at-risk children through age 5. Families utilizing Head Start have better success meeting developmental goals and achieving economic stability. In 2018, there were 8 Head Start programs in the report area, or 46.78 per 10,000 population. Access to head start is higher in this area than in the state.

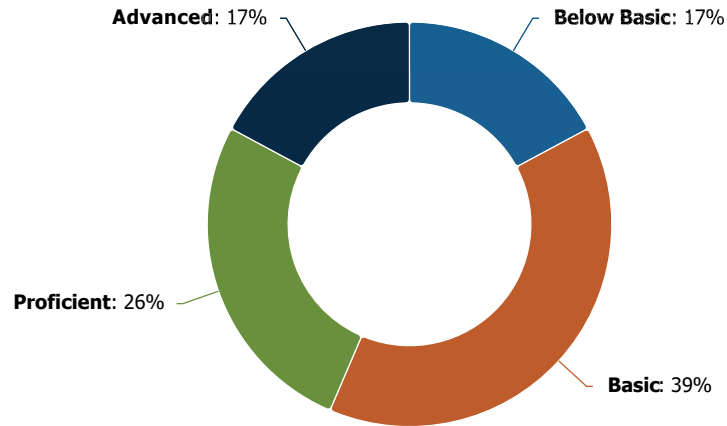
Head Start Programs, Rate (Per 10,000 Children Under Age 5)



Data Source: US Department of Health & Human Services, [HRSA - Administration for Children and Families](#). 2024.

English Language Arts Proficiency

Starting in the 4th grade, public schools emphasize proficiency in reading and reading comprehension. The ability to comprehend becomes the foundation to find and process information in later years and it is important to prevent children from falling behind. Of the 314.00 fourth graders tested in 2018, the known total number of students who had a basic level of English Language Arts was 119.00. The number tested as below basic was 52.00, basic was 119.00, proficient was 80.00, and advanced was 52.00.



Data Source: [Missouri Department of Elementary & Secondary Education](#). 2022.

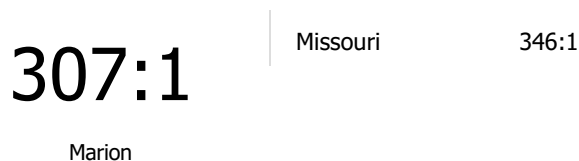


CHALLENGE 3: Healthy Futures: *Access to Care*

Mental Health Care Providers

Mental health is a critical public health issue worldwide. Access to mental health services is a challenge across Missouri, which ranks 46 out of 51 states in provider access. In the trio there are approximately 93 credentialed professionals providing mental health care to serve the area's 28,525 residents. The patient-provider ratio in the report area is 307 to 1, which means there is 1 provider for every 307 persons. The ratio of persons to providers in the report area is lower than the state average of 346:1, which means there are more providers per person in this area.

Ratio (Population to Providers)



Data Source: Centers for Medicare and Medicaid Services, [CMS - National Plan and Provider Enumeration System \(NPPES\)](#). December 2024.

Primary Care Providers

Older adults make up a historically large percentage of the U.S. population and meeting the healthcare needs of an aging population can be challenging. In the report area, there are approximately 29 primary care physicians (MDs and DOs) to serve the area's 5,283 residents over the age of 65. The patient-provider ratio in the report area is 182:1, which means there is 1 provider for every 182 older adults. The ratio of adults to providers in the report area is lower than the state average of 250:1, which means there are more providers per person in this area.

Rate per 100,000 Seniors



Data Source: US Department of Health & Human Services, Health Resources and Services Administration, [HRSA - Area Health Resource File](#). 2021.



CHALLENGE 4: Agricultural Growth & Stewardship: *Soils Testing*

Recent public initiatives and USDA programs are putting a focus on producers to improve the health of their soil. The USDA-NRCS defines soil health as the continued capacity of the soil to function as a vital, living ecosystem that sustains plants, animals and humans. A variety of practices can improve soil health, including regular monitoring, sampling and testing protocols. The MU Soil and Plant Testing Laboratory provides testing and unbiased, research-based recommendations for economically viable and environmentally safe nutrient management practices across Missouri.

Report Area	Agriculture	Home and Garden	Community Areas	Research	Total
Marion	45	12	4	0	61
Missouri	13,742	4,773	421	6,406	25,342

Data Source: [University of Missouri Extension Soil and Plant Testing Laboratory Annual Summary](#). 2022.

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Missouri 4-H for ages 8 – 18



Community clubs are organized by volunteer club leaders and teams of recognized volunteers. Members attend club meetings, elect officers, enroll in projects and plan learning and community service activities. Some clubs opt to be single-project clubs, where all members focus on the same project.



4-H In-school clubs meet during the school day. Members participate in projects that supplement their existing lessons. Clubs may meet for short periods or span the full 4-H program year. Members can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.



Afterschool clubs These clubs meet after school for periods ranging from a few weeks to a full 4-H program year. These clubs typically focus on a single project at a time but can rotate through more than 100 different project topic areas. Members can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Marion County

Missouri 4-H

Local Impact

❖ **A community of 764 youth, between ages 5 and 18 years, building life skills, contributing to their community, and becoming college and career ready.**

❖ **Four in ten Marion County youth under eighteen participated in a MU Extension 4-H Youth Development program in 2024.**

4-H Members

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 can concentrate on one focus area or try a variety of programs throughout their 4-H experience.

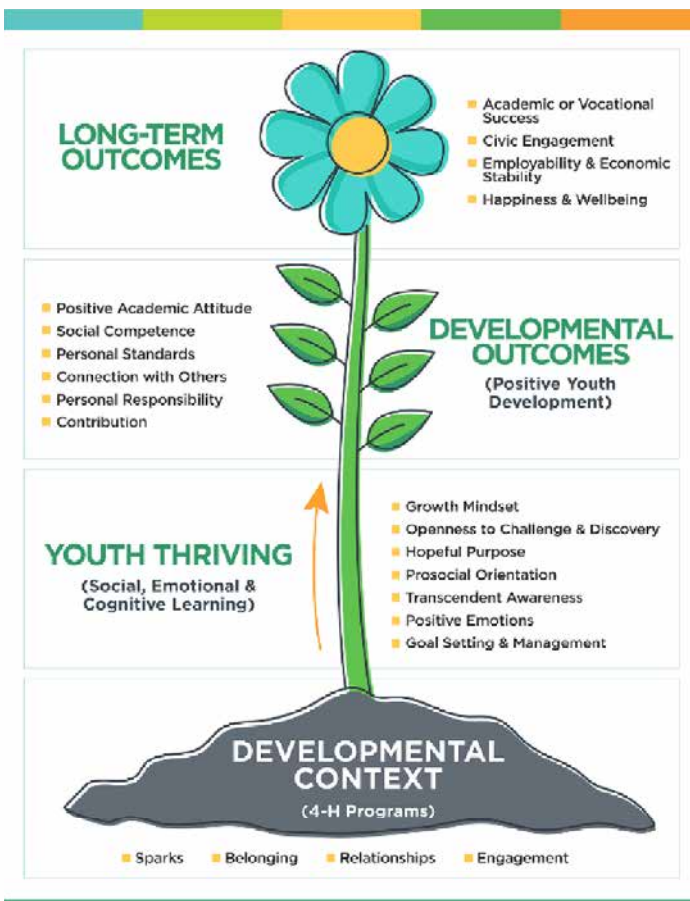
Marion County served youth through nine community clubs and After-school 4-H Clubs offering long-term educational experiences in which members learn life skills such as decision making, public speaking, and working with others.

- There were 764 members in the community clubs, SPIN clubs, in-school, and afterschool 4-H clubs in Marion County during the 2023-2024 4-H Year.
- Over 246 4-H members were engaged in science related projects and experiences.
- Collectively youth participated in 2992 hours (about 4 months) of community club work in Marion County.
- Over 3767 hours (about 5 months) of community service projects were completed by 4-H members and volunteers during the 2023-2024 4-H Year.

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

- 20 youth participated in a total of 8 different events during the 2024 Marion County 4-H Achievement event.
- Ten 4-H Club members participated in the Northeast Region Energizer held in the spring of 2024 in Palmyra and two members attended the Northeast Region 4-H Round Up, held in Macon in the fall.

1269 exhibits at the 2024 Marion County Fair from 246 4-H members and 46 FFA members, who are also supported through youth programming.



Marion County

Missouri 4-H

Local Impact

- Marion County youth exhibited over 50 exhibits in the 4-H Building and livestock shows of the Missouri State Fair
- 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.
- 11 members participated in the State 4-H Teen Conference, which offered youth a fantastic opportunity to experience being a teen in 4-H. This event provides a safe and enjoyable campus experience where youth can enhance their skills and forge new friendships.
- 23 youth from Marion County participated in skill development contests on the State level including State Meats Contest, State Livestock Judging, State Fashion Revue, State Poultry Day, and State Public Speaking. Participation in these events helps youth to develop confidence and practice their decision making and public speaking skills through competitions tied to project areas they are passionate about.
- 11 youth from Marion County participated in the State Shoot events and 2 youth from Marion County represented Missouri on the state teams at the National 4-H Shoot.
- As responsible citizens, we promote generosity and community strengthening through service. The Taylor 4-H Club efforts resulted in 2010 meals donated in Marion County through the 4-H Feeding Missouri Initiative in 2024.

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 this under the 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.

Marion County members enrolled in a combined total of 1239 projects in 2024. The top project areas included:

- Arts and crafts
- Swine
- Archery
- Bacon
- Photography
- Beef
- Foods
- Cake decorating
- Poultry
- Rabbits
- Meat Goats
- Rifle



Marion County

Missouri 4-H

Local Impact

Impacts of 4-H Programming

- 4-H members 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).
- 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).
- Youth who earn a bachelor's degree increase their annual earnings by \$2 million over their lifetime. (U.S. News and World report, 2011) If 50% of the Marion County youth participating in 4-H events on a college campus receive a Bachelor's degree, 4-H would help young people acquire \$272 million more in lifetime earnings.

Findings from a 2021-2022 evaluation study shows that Missouri 4-H:

Missouri 4-H Inspires Kids to Do	Missouri 4-H Grows True Leaders	4-H Builds Leadership and Communication Skills	4-H Builds Social and Emotional Skills
<ul style="list-style-type: none">• 98% said they are willing to work hard on something difficult.• 91% set personal goals.• 97% said they try to learn from their mistakes.• 98% said they treat others the way they want to be treated.	<ul style="list-style-type: none">• 97% said they like to learn about people who are different than them.• 93% said they think about others' feelings before they say something.• 75% reported feeling comfortable being a leader.	<ul style="list-style-type: none">• 95% help others reach their goals.• 86% are comfortable speaking in a group.• 99% said they show respect for other's ideas.• 85% can work with someone who made them upset.• 95% Look for ways to involve all members of a group.	<ul style="list-style-type: none">• 94% said they keep trying until they reach their goals.• 89% stop to think about their choices when planning.• 97% reported that they like to learn new things.• 91% of Missouri 4-H'ers surveyed said they are willing to try something they might get wrong.

Marion County

Missouri 4-H

Local Impact

4-H Volunteers

- Marion County 4-H members were supported by 68 enrolled, screened, and oriented adult volunteers supporting the development of youth in 2024.
- Volunteers contributed 4700 hours to the Marion County 4-H program valued at \$149,900.00.

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.



4-H SNAC Clubs

4-H Student Nutrition Advisory Council (SNAC) clubs are offered in various settings including before school, during school, after school, and in other community settings helping youth build knowledge about nutrition and fitness. Youth participate in a leadership project where they are encouraged to become an ambassador of Healthy Living in their communities by designing and implementing a leadership project that will improve education and the fitness of others. Across the state, youth have developed creative ways to advocate for healthy living.

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,624,777 federal funds to Missouri. These funds were used to enroll 559 limited-resource families in nutrition education and meal preparation classes, representing 2,068 family members. Additionally, 2,864 youth were enrolled in EFNEP classes. The 4-H SNAC clubs in Marion County are provided by Youth Program Associate Karen Coleman.

In Marion County, SNAC efforts reached 106 youth and leadership projects completed included a canned food drive which donated over 750 lbs. of food to the Palmyra food pantry.



Local Impact

4-H School Enrichment- Embryology

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.

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 understand how to accept individuals with disabilities and how disabilities can be compensated for.

In Marion County the embryology program reached 412 youth in 17 classrooms.



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Marion County

Missouri 4-H

Local Impact

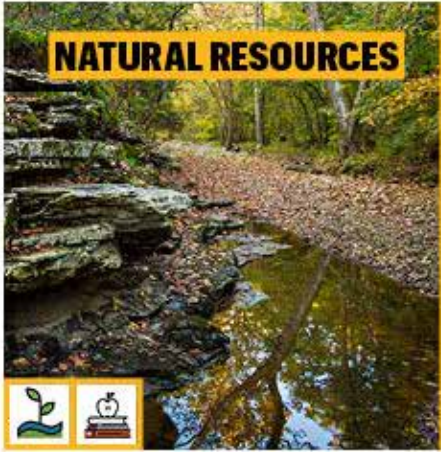


*... to my club, my community,
my country, and the world.*





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



The Missouri Master Naturalist program is a community-based initiative for adults, supported by the Missouri Department of Conservation and MU Extension. It aims to create a group of knowledgeable volunteers who can offer education, outreach and service for the responsible management of natural resources in Missouri communities.

Additionally, the **Missouri Woodland Steward program** offers a short course that equips private landowners with knowledge of woodland management, helping them identify wildlife habitats, develop plans and connect with local natural resource experts.



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 Master Gardener program

enables people of all ages to get in-depth horticultural training and then apply what they've learned to improve their communities and educate others about gardening.



In 2024, over 3,600 Missouri Extension Master Gardeners completed 98,200 VOLUNTEER HOURS – giving back over \$3 million to their communities.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Marion County

Agriculture and Environment

Local Impact

Beef Quality Assurance (BQA) Certification

BQA is a national program that provides guidelines for beef cattle production. The program helps producers identify management processes that can lead to increased herd profitability and a commitment to quality within every segment of the beef industry. The beef cattle industry has seen a 15% reduction in costs due to BQA education and the recognition of quality defects in cattle.

Thirty-five Marion County participants learned about animal biosecurity, feeds and feed additives, antibiotics and residue avoidance, non-ambulatory cattle and euthanasia, vaccine administration and principles of cattle handling. As

part of the certification process, a short assessment was given to the group to evaluate their understanding of raising and managing quality beef.



Food Safety Modernization Act

Food Safety Modernization Act (FSMA) aims to ensure the United States food supply is safe by shifting the focus from responding to preventing contamination in livestock foods. MU Extension livestock specialist Brenda Schreck met with agriculture firms that provide and/or process livestock feed. Schreck created one new firm plan in the state and continues to maintain 16 in the northeast region and 1 in Marion County.

Discussions were held on the implementation of documentation for animal feed safety preventive controls on-site, and the firm's efforts for animal feed safety as required by FDA. Feed safety manuals aid firms in maintaining accurate documentation of preventive measures as they are conducted on-site.



Marion County

Agriculture and Environment

Local Impact

Women in Agriculture Workshop

Missouri Beef Industry Council, University of Missouri Extension, Missouri Department of Conservation, USDA Natural Resources Conservation Service employees presented a hands-on workshop geared to women involved in agriculture in northeast Missouri. Two Marion County workshop participants heard an update about the Missouri beef industry, pond management, greenhouse gardening. Participants also enjoyed a hands-on activity of creating home-canned sweet spreads, melting and pouring their own car freshies as well as observing a live soil health demonstration.

By offering programs targeting women in agriculture, MU Extension empowers women to make informed decisions about farm and home management.

- 96% of participants rated their overall satisfaction of the Workshop as "very good" or better
- 93% of respondents rated their overall impression of the information gained at the Workshop as Very Good or better
- 89% of respondents rated their overall impression of the materials presented at the Workshop as Very useful or better
- 65% of the returning participants reported they have changed the way they manage their home and/or farm life



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DELIVER MIZZOU.

Marion County

Agriculture and Environment

Local Impact

Pixels and Pearls of Production – Women in Agriculture Conference

Pearls of Production is a hands-on educational program for women involved in livestock production. One adult Marion County Conference participant took part in this year's two-day conference. The first day (Pixels) was held via Zoom with breakout sessions and a keynote presentation. Session topics include estate planning, backyard layers, enhancing value added meat marketing and beekeeping. The keynote presentation was delivered by Janeal Yancey, blogger and meats science professor at the University of Arkansas. In her blog she writes about meat and the meat industry from her point of view as a mom, a cattle producer and a meat scientist.

The second day (Pearls) was held at the MU Beef Research and Teaching Farm in Columbia, MO, and featured hands-on, breakout sessions on genetics, forage/pasture assessment, backyard laying hens and the shop session this year covered farm headaches. Brenda Schreck, Field Specialist in Livestock, co-taught the shop breakout session with state Extension specialist Karen Funkenbusch. In this session participants learned how to tackle common farm repairs such as splicing a water hose, making a rope halter, plugging a hole in a tire and how to use a post driver to pull a t-post. Farm tools were provided to simulate these repairs and participants were given the opportunity to take these tools home with them.

For the Pearls Conference date only, youth were given the opportunity to participate in an interactive, hands-on tour of Missouri agricultural products by exploring the ways that agriculture provides us with the basic needs of clothes, food, and shelter. Youth made their own lunch and gained hands-on knowledge about the agricultural industry.



Marion County

Agriculture and Environment

Local Impact



Marion County

Agriculture and Environment

Local Impact

Genetic Lockbox

Objectives: "Obtain a basic understanding of genetics. Distinguish genotype and phenotype. Define dominant and recessive alleles and how they are represented."

Genetic Lockboxes are an innovative and interactive means to educate the public about genetics. Participants exercise communication techniques as they work together to solve the puzzles. The puzzles are designed to make participants think through and apply problem-solving skills to genetic concepts. Participants will struggle, make mistakes, and rely on teammates. Through a partnership with Ellis Fischel Cancer Center, the Genetic Lockbox has gone statewide with **64 boxes** located across the state. Teachers, 4-H volunteers, FFA advisors, Boy and Girl Scout leaders, etc. can reserve box(s) free of charge. It comes with all the puzzles, hint cards, answer sheets, and a 25-page Facilitator's Guide.



*Crack the codes to open the locks to get the *prize* in the box.*

*Prize not included



Learn More

Fun Facts

- ❖ If all DNA strands in all the cells of **ONE** person were stretched out, it would reach to the sun and back more than **600** times
- ❖ Scientists can never clone a dinosaur because DNA has a half-life of **521** years
- ❖ Humans are **80%** genetically similar to cows
- ❖ Bone marrow transplant patients end up with **2** different DNA profiles
- ❖ All humans receive **3** feet of DNA from Dad and **3** feet from Mom
- ❖ Heart, eye, and brain cells never replicate; therefore, they can never be replaced if damaged
- ❖ Less than **2%** of our DNA codes for proteins - the rest is called "junk DNA," but is still useful
- ❖ A mouse uses more DNA from its father than its mother
- ❖ Almost all tortoiseshell cats are female, only **ONE** in **3,000** calico cats is male

Marion County

Agriculture and Environment

Local Impact

Horticulture Programming in the Northeast and East Central Regions

In 2024, there were 2,565 direct contacts from 38 educational programs that Justin Keay, Field Specialist in Horticulture, organized or co-taught. Participants in these in-person and online programs are actively engaged in the learning process. Programs were in-person and online. Programs included home vegetable gardening, commercial fruit and vegetable production, on-farm produce safety tours and trainings, value-added agriculture workshops, selling local foods workshops, grant opportunities for small farmers, soil fertility management, integrated pest management, and many more. There were 475 requests for horticulture information through calls, emails, walk-ins from 39 Missouri counties. Justin performed 22 farm visits across the Northeast and East Central regions to help small farmers solve crop production problems on their farms.

Online programming through webinars, videos, and e-newsletters has a state and national reach. The monthly Missouri Produce Growers Video Newsletter reaches over 1100 subscribers every month with a 155 increase in subscription during 2024. Topics include fruit and vegetable

production, small farm business management, pesticide safety, produce safety regulations, invasive pests, and more. Twenty-three educational videos were created and hosted on the MU IPM YouTube Channel. Videos from the newsletter received over 36,744 views in 2024.

Participants who engaged in horticulture programming learned about insects, weeds, diseases, soil health and fertility, general plant care, and variety selection. Small farmers learned how to increase their fruit and vegetable yields, grow their farm revenue, and protect Missouri's natural resources.

- Justin connected 7 small farms with MU Center for Regenerative Agriculture grant opportunities, who received a total of \$35,000 to support conservation projects on their farms.
- One-hundred and thirty-four fruit and vegetable farmers were trained on the Produce Safety Rule Food Safety Modernization Act. This training satisfies a regulatory requirement of the Food and Drug Administration.



Extension
University of Missouri

Marion County

Agriculture and Environment

Local Impact

Expanding Value-Added Production in Missouri

Adding value to fresh fruit and vegetables by processing them into finished products such as juice, ready-to-eat meal kits, sauces, and jams can help small farmers increase farm revenue and grow their farm businesses. This can allow growers to hire more staff and contribute more to the local economy. Justin Keay, Field Specialist in Horticulture, hosted two all-day workshops to help producers understand marketing opportunities, food safety, and regulatory compliance to help producers bring their products to market.



Training Growers on Federal Requirements for Produce Safety



The Food Safety and Modernization Act Produce Safety Rule places regulatory requirements on produce growers to ensure consumers are provided with safe produce, free of common pathogens such as e. coli and salmonella. In partnership with Missouri Farmers Union, Justin Keay, Field Specialist in Horticulture, hosted four on-farm produce safety tours, where participants learned how to implement federal regulatory requirements on their farms and to ensure the produce they provide to consumers is safe. In addition to on-farm tours, Justin helped train 134 growers during six separate Food Safety Modernization Act Produce Safety Rule trainings.

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Marion County

Agriculture and Environment

Local Impact

Private Pesticide Applicator Training (PPAT)

Nick Wesslak taught 20 participants for private pesticide applicator training (PPAT) in Marion County, 31 participants in Ralls County, 6 participants in Knox County, 38 participants in Shelby County, 29 participants in Lewis County, 52 participants in Clark County, 18 participants in Scotland County, and 56 participants in Monroe County. 250 total applicants were trained for PPAT licensing by Nick Wesslak in the Northeast Region.

Nick presented at the 2024 Pesticide Safety Education ISE on the MU Extension Pesticide Safety Education Program's youth programming initiative. There was a total of 40 participants at this event, which was held in Columbia. Nick also presented about the 2025 Pesticide Use Act changes to the Missouri Department of Conservation (MDC) at a resource management conference held at Margaritaville at Lake of the Ozarks to 520 participants and also presented the same material to MDC administrators.

Nick Wesslak and Valerie Tate taught youth pesticide safety programming to high school age children so they could learn safe usage of pesticides and other chemicals. The program aimed to help youth better understand why pesticides and other chemicals are important to human safety and food production, while also helping them to a better understanding of the risks involved with the use of these products. The ultimate goal was equipping the next generation with the knowledge necessary to reduce easily avoidable pesticide and other chemical exposures

caused by misuse, improper storage, lack of personal protective equipment (PPE), and improper disposal. 266 students participated in this programming. Individual county attendance is as follows: Shelby: 125, Scotland: 110, Knox: 31.

Nick also put on 3 adult pesticide safety education programs. 2 programs were held for the Mississippi Hills Master Naturalists with 75 participants and one program was held for the Salt River Master Gardeners with 10 participants. Other pesticide related projects Nick was involved in included coauthoring the 2025 pesticide safety training action plan for the state of Missouri and aiding in establishing 3 floating treatment island experiment locations throughout central and northeast Missouri to determine the efficacy of aqua bioremediation for water bodies affected by runoff from agricultural production fields.



Marion County

Agriculture and Environment

Local Impact

Integrated Pest Management (IPM)

Nick Wesslak participated in several activities regarding MU IPM (Integrated Pest Management) efforts in the field. Several photos and videos related to IPM were captured for later educational use during field activities. Lewis, Ralls, Shelby, and Marion County were home to several activities including corn and soybean disease scouting. Ralls County also held migratory insect trapping stations for the IPM Pest Management Network. This network served as an alert system for the entire northeast Missouri region and helped indicate to producers what species of migratory pests should be scouted for in the field. Participants gained weekly knowledge of migratory pest levels to inform them on scouting decision thresholds. Nick served as an MU Extension IPM Scouting School (MU Extension in the Field Crop and Forage Chat) host and presenter in Marion County. The event was advertised directly in the immediate surrounding counties.

The MU Extension 3rd Annual Crop and Forage Chat was held in the Northeast Region in Marion County. There were 17 in person attendees. Media coverage of the event that date generated 12,000 media views based upon circulation numbers for the Quincy Herald Whig, which

covers the Northeast region, specifically the counties of Clark, Knox, Lewis, Marion, Monroe, Pike, Ralls, Scotland, and Shelby. In person participants and article readers took from that day a better understanding of current plant disease issues in corn and soybeans, mostly focusing on red crown rot and tar spot and possible management options, strip trial program results, grazing management practices to reduce cost, and grain storage management strategies. Nick also conducted an in-field TV interview with WGEM discussing crop conditions just before harvest and gave an outlook for how harvest was looking to shape up for the fall 2024 season. This interview broadcast to approximately 99,000 homes throughout northeast Missouri and west central Illinois.



Marion County

Agriculture and Environment

Local Impact

MU Certified Strip Trial Program and Miscellaneous Trials

Nick Wesslak, Charlie Ellis, and Rusty Lee held several trials in the Northeast and East Central Region. Trials were as follows: nitrogen response plots in corn (4), soybean seed treatment trials comparing Ileva, Saltro and fungicide and insecticide only (4), corn fungicide application strategies for tar spot control (6), soybean fungicide trials at R3 (3), cover crop trials (2025) (2), Saltro effect on red crown rot disease severity and varietal response (1), and wheat phosphorus placement response trial (2025) (1). Disease severity data was still collected at all fungicide trial locations. Recruiting for strip trial locations was conducted at all attended County Council meetings. Future trials are already being developed and recruited for the 2025 and 2026 growing seasons.



Soils

The regional agronomist (Nick Wesslak) and regional horticulturalists (Justin Key and Jenniffer Schutter) oversaw the soil sampling program at the county level and made recommendations to clients based upon their soil sample results for the eight northeast counties of the state of Missouri. There was a total of 310 participants. Participants in the soil sampling program learned about their soil fertility levels and received research-based recommendations to achieve their desired yield goal of their particular crop(s) and were able to get more in depth recommendations from specialists, such as when a particular herbicide the producer was considering using had an application rate that was dependent upon soil texture and/or organic matter content of the soil.

Crop Consultations and Contacts

Nick Wesslak consulted with 703 different individual agricultural contacts on topics related to row crops, forage crops, and horticulture crops, mostly from across his eight different assigned counties.

Soil and Water Conservation and Management

Nick Wesslak served as Secretary on the Marion County Soil and Water Conservation District Board.

Marion County

Agriculture and Environment

Local Impact

Northeast Missouri Agricultural Connection

Nick Wesslak served as a team member of the NEMO Ag Connection Newsletter. At various times throughout the year, he served to help edit articles, and he also contributed 6 articles to the newsletter. Subscription numbers led to a total number of indirect contacts of approximately 27,000 individuals throughout the region.

Grazing School

A Monroe County Grazing School was held in Monroe City, MO in which 24 participants learned basic scientific principles related to soils, plant growth, economics, and livestock nutrition. Participants learned practical aspects of grazing system management including water development and location, and fencing location and construction. Participants also evaluated pastures for forage availability and species composition. These learned skills directly translate to their ability to identify these resources on their own farms and to design grazing system layouts that fit their operation. Evaluating soils, terrain, plant communities, and livestock enterprises on individual farms provides personal ownership of the system and allows for individuals to incorporate scientific principles and practical applications of appropriate fencing and livestock watering technology to enhance the forage resources and livestock productivity of individual farms. Within agronomy, Nick spoke on basic plant growth, forage quality, and persistence as well as matching forages to livestock. Valerie Tate spoke on basic soil structure, function, and fertility.



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Marion County

Agriculture and Environment

Local Impact

Engagement and Stakeholder Relations

Hannibal Middle School hosted a career day for 8th graders where they had sessions that students could attend, with speakers from different professions that spoke on their careers and what educational background is needed to succeed in that career. Nick Wesslak and Charlie Ellis presented for the ag career session and focused on their careers in Extension and what the land grant mission means and how the University of Missouri carries out that mission. Special emphasis was made on the need that all of us need to be lifelong learners. 50 students attended that day.

Nick Wesslak, Deann Turner, Karen Coleman, and Laurie Kurre participated in the Marion County Flag Day Parade where 800 people learned about the presence of local Extension workers and Mizzou patriotism. Nick Wesslak and Russel Schleirmacher also participated in the Lewis County Progressive Farm Safety Day where they taught 120 5th graders about pesticide and household chemical safety.

Marion County Ag Safety Day saw a successful event, with 320 participants learning valuable safety minded practices when working around the farm that covered some of the most dangerous activities producers in the area face in their livestock, forage, and row crop production practices. Specifically, producers learned tractor rollover safety from Charles Ellis, grain bin safety from Rusty Lee, PTO safety from Kent Shannon, pesticide safety from Nick Wesslak and Alan Perry, livestock safety from Tim Evans, Brenda Schreck, Daniel Mallory, Mag Lopez, grain bin rescue practices and safety from Harry Ward, Gail Hagan Reynolds, Tracey Gray, Mark Kempker, Ben Wolverton and Robert L Creed.

Participants also learned about high voltage safety from Northeast Power Electric Cooperative, mental health and wellness from Elina Kizer, real life grain entrapment and high voltage collision survival from Wayne Bierr, and Farm to Table programming from Deann Turner, Laurie Kurre, Amanda Lehenbauer, Wendy Atterberg, Neina Martin, and Jessie Stewart. Karen Coleman managed the 4-H pizza party competition for 4-H club with the highest percentage attendance that day. Marion County Extension Council members Nancy Goellner, Marcia Bross, and Amy Masterson helped work the event that day and represented the Marion County Extension Council. This event aired on WGEM to 99,000 households and was also promoted live on the radio to a listening area encompassing 250,000 individuals.



Marion County

Agriculture and Environment

Local Impact

Master Gardener

The Salt River Master Gardener (SRMG) Plant Sale is held every year on the first weekend in May, usually the Saturday before Mother's Day. SRMG starts getting ready for this event in February. Plants sold are most generally outdoor fruiting perennials and annuals, but there is also indoor plants and arrangements. Annual fruiting garden plants sold are typically tomatoes, peppers, cauliflower, broccoli, and eggplant.

This event is not only a sale, but also a good educational opportunity for the public. SRMG answers a large amount horticultural questions and inquiries pertaining to what a master gardener does and can do for the community. A planter is maintained by SRMG in downtown Hannibal on 3rd street.

Many members volunteer at the Mark Twain Boyhood Home gardens, Bluff City Theater, Luthor Manor Cottages, plant flowers in city beds, and serve on the Downtown Hannibal Beautification Committee. Members also presented educational information at monthly meetings. Nick Wesslak served as the SRMG coordinator and helped the club out with various activities throughout the year.



Marion County

Agriculture and Environment

Local Impact

Master Naturalist

January - Clarksville Eagle Days –This year approximately 700 visitors attended on Saturday and 300 on Sunday. Visitors enjoyed a live eagle show, observed 40 eagles on the riverfront and there were children’s crafts and activities. Fifteen chapter members staffed the event throughout the weekend.

February - The first annual Hannibal Eagle Days was attended by 300 visitors and 20 members staffing the event without live eagles.

March- 30 4-H’ers were taught about bluebirds and bird house building with 30 young 4-H’ers with 8 chapter members assisting. The chapter participated with MDC on a 2-day project on streambank revitalization on the Mississippi River with willow cuttings and grass plantings in which 10 members assisted. Members participated in the Mark Twain Lake Clean up with Stream Team United with organizations and the public from around the NEMO area.

April- Chapter coordinated the Callery Pear Buy Back program through Forest ReLeaf, and participated in the Family Field Day with several of our partners. The burn burn team completed a prairie burn, and the annual spring bird and wildflower hike was held at Steyermark Nature Preserve.

June- Several nature programs for local daycare and summer schools were put on. Later in the month was the annual picnic with the highlight being graduation of 21 members of the 2024 Core Training Class.

July- MHMN assisted USACE with Bat Monitoring at Indian Creek. Mississippi Hills held a booth and presentation at the Missouri Bluebird Conference at HLGU with our booth and presentation about our chapter.

August- 10 members assisted at HAC Wild and Wacky event while children made art with notecards using a “flower pounding” technique. MHMN partnered

with MDC for the Ralls County North American Butterfly Association Survey and identified 20+ species of butterflies. The 2nd annual float trip was held on the Salt River.

September- 5 members participated in the Annual Summer Safety Program in Pike County with 4th graders. Over 200 students learned about outdoor safety with topics covering the identification of venomous snakes, ticks and mosquitoes, poison ivy, and sun safety. The chapter also was able to give back to HLGU for hosting the monthly MHMN meeting by putting on a shrub trimming event for the college and setting up a booth at HLGU’s Family Day on Nature Breaks.

October- The Whelan’s hosted the annual field day with tree cutting and identification, great food and fellowship, and other nature programs. Other October activities included a booth on night creatures at Palmyra’s Trunk or Treat, prairie seed collection, Stream Team Training, and a new program, “Honeysuckle Hack” at Riverview Park. This program will assist in eradicating invasive species such as honeysuckle. Burning bush and others.

November- MHMN partnered with USACE and Whitetails in providing training, guides, hunt opportunities, and food for youth and persons with disabilities.

December- Annual holiday party and election of officers, annual Christmas Bird Count in the Mark Twain Lake area, and continued work monthly with the Honeysuckle Hack team.

The MHMN Hiking Group sponsored a monthly hike at a variety of locations throughout the area and averaged 10+ people per hike and the chapter book club met every quarter to discuss a nature related book.



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Business and Community**



Missourians from all walks of life celebrated the **2023 Missouri Good Neighbor Week**, Sept. 28 to Oct. 4, by completing and reporting neighboring acts and nominating others as the most engaged neighbors in their counties.

In 2023, the goal was to document 15,000 acts of neighboring. That goal was surpassed with 19,752 Missourians being positively affected during MISSOURI GOOD NEIGHBOR WEEK.



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 businesses 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.



The annual **Connecting Entrepreneurial Communities** conference is designed for stakeholders, economic developers, businesses, local government, educators and nonprofits interested in increasing their communities' potential for entrepreneurship. In 2023, the conference offered breakout sessions in Benton County's shops and businesses, providing firsthand insight into the world of entrepreneurial communities.

The 2023 conference drew 104 ATTENDEES, generating an estimated initial economic impact of around \$33,000 FOR BENTON COUNTY.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Marion County

Business and Community

Local Impact

Agriculture Lender Seminar

Seventy-two lenders from 20 Missouri counties and Illinois attended an ag lender seminar in Mexico. Lenders learned about crop and livestock outlook, agriculture policy, rental rates & land values, MU budgets, wind and solar leasing, input costs and enterprise budgets, Missouri farm business management summary and Missouri Agricultural and Small Business Development Authority (MASBDA) programs.

Six lenders participated from Marion County



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. Lenders in attendance manage farm loans totaling \$155,250,000.



Small Business Development Center - Hannibal

The Missouri Small Business Development Center (SBDC) at HREDC offers personalized and extensive services from knowledgeable and helpful professionals focused on your business success. The Missouri SBDC at HREDC helps businesses in every stage. From concept to startup, growth to renewal, mature to succession.

The Missouri SBDC at HREDC offers one-on-one counseling by appointment and training events on various business topics from understanding financial statements, customer discovery, business planning, cash flow analysis, and other events based upon the needs of the business communities served. All one-on-one counseling is confidential.

We help clients at all stages of business with these types of assistance:

- Start a business and test a business model,
- Create a business plan and develop financial projections,
- Analyze past financial performance and plan for the future,
- Develop management and marketing plans,
- Develop leadership skills to grow a business,
- Plan for critical transitions in your business,
- Buy or sell an existing business,
- And more!

The Missouri SBDC at HREDC serves businesses in a seven-county region including Marion, Clark, Lewis, Shelby, Ralls, Monroe, and Pike counties. In 2024, the Hannibal SBDC served 455 various clients and provided 381 hours of one-on-one counseling.

Marion County

Business and Community

Local Impact

Extension Tax Schools

University of Missouri Extension ag economics department and ag business specialists worked together to coordinate one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and one 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, related party issues, real estate rental activity issues, limited liability company issues, and international tax issues. The schools were approved for 8 and 16 hours of continuing education credit by the IRS, Missouri Bar and for CFP continuing education. Total continuing education hours reported to IRS for the schools was 3,776 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 and extension ag business specialists.

The evaluations had many positive comments and helpful suggestions. Planning is underway to offer trainings in 2025. Local county residents benefit when local tax preparers have the opportunity to gain knowledge, which benefits their clients and communities. The tax schools are a program of the ag business and policy program of MU Extension, coordinated by Mary Sobba with help from a team of ag business specialists throughout the state.

The resources for the schools included the IRS, the National Income Tax Workbook from the Land Grant University Tax Education Foundation, and materials written by the instructors.

The 2024 school attendance totaled three hundred fifty people. The participants were from throughout Missouri.



Four participants from Marion County





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Community and Professional Health Education



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.



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 PROFESSIONALS across all Missouri counties.



PROSPER is a research-supported approach that promotes positive youth development and strong families through lifeskills education that increase protective factors and reduces risky behaviors among teens. Through a campus-community partnership, PROSPER Teams are created to support the implementation of two evidence-based programs with middle school students and their families.

"They have the old saying it takes a village to raise a child, the more the community comes together the better off the children are going to be in that community."

Peggy Saphian PROSPER Model Participant in Fredericktown, MO

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Marion County

Community and Professional Health Education

Local Impact

SNAP-Ed Public Value Statement 2024

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,145,237 in federal funds to Missouri. The funds support engagement with 74,864 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 1,164,143 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

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.

7346 direct and indirect contacts were made in Marion County.

Schools and agencies served in Marion County:

Schools	Agency
Marion County R-2	NE Region New Hires
Eugene Field	Salvation Army - Hannibal
Palmyra Elementary	Foster Grand Parents/Douglass Community Center
	Palmyra Food Pantry
	Harvest Outreach Ministries
	Palmyra Chamber of Commerce

Marion County

Community and Professional Health Education

Profiles and Stories

Laurie Kurre, Nutrition Program Associate, has been teaching KIK B to a 7th grade FACs class at an area school. There are 6 girls in the class, and they all seem to be close friends.



❖ While teaching the girls in my class we, of course, are learning about the food groups and healthy eating, we prepare a recipe each time and learn an exercise. The girls have been super excited about all of it but have especially latched on to the exercises. To make it a bit more fun we have even added some music to the moves. The last time I went in to teach they announced that they had a surprise for me. They took the moves and music and turned it into a whole dance routine! It was wonderful! I was so happy to see the girls having fun while doing exercise. It's something you don't see a lot of from kids their age anymore. I can't wait to teach them more moves and see what they can do!

Kayla and I were asked to shadow and assist NPA Amanda Lehenbauer classes in a summer school program.

❖ During our classes we always had a tasting, of course. As we were preparing for the tasting, we would always get a variety of negative faces and raised eyebrows at some of our recipes. I would always say, "Even if you didn't like it in the past, or it looks strange to you, give it a chance." A couple of boys in particular were quite sure that the Green Monster recipe was NOT going to be good. I assured them that it was really good, and they responded with very doubtful faces, but they tried it anyway. From across the room I hear, "Hey, MU lady, that stuff was REALLY good!" So, we had a nice chat about being brave and trying new things-important food lesson and life lesson!



Pictured left, staff participating in the County Ag Safety Day.



Pictured right, Laurie and Deann Turner, Program Manager, preparing for the Flag Day parade.



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Continuing Education**



The Law Enforcement Training Institute (LETI) has provided basic and advanced training for law enforcement since 1948. LETI's **Basic Peace Officer Academy** exceeds the 600 hours of training required for licensure in Missouri. From 2019 through 2023, the basic academy has licensed almost 300 peace officers, more than any other academy in the state. During that time, all but one graduate became employed by a law enforcement agency. LETI graduates come from around the state and return to their communities to serve and protect.



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** (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 firefighters and emergency responders.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Health and Human Sciences



Cooking Matters

Make quick, tasty, and affordable meals everyone will enjoy.

Learn valuable tips for stretching your food dollars and how to prepare a recipe and sample easy, low-cost, nutritious and delicious dishes.

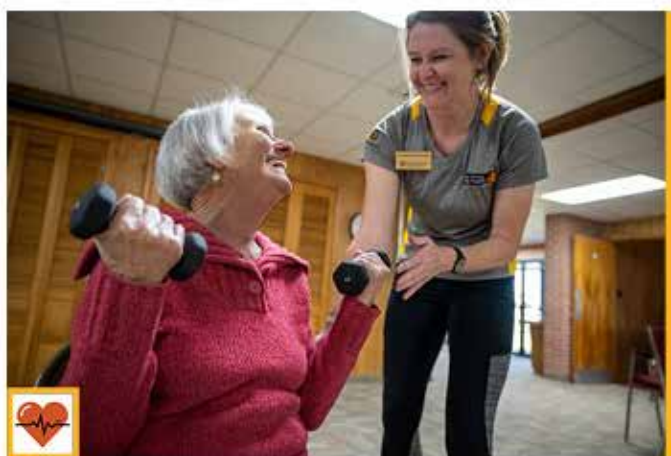
"We prepared barley jambalaya in class and one participant mentioned she had never tried barley before. She tried the jambalaya and really enjoyed it. A few days later she excitedly said she made the recipe at home and her whole family enjoyed it!"

Cooking Matters facilitator about a class participant



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."



Stay Strong, Stay Healthy teaches older adults basic exercises to boost strength, balance and overall daily functionality. Participants also gain insights into nutrition and wellness for healthy aging and active living.

After eight weeks, Stay Strong, Stay Healthy participants significantly IMPROVED their STRENGTH, BALANCE and SLEEP QUALITY.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Marion County

Health and Human Sciences

Local Impact

Building Strong Families

The Building Strong Families: Challenges and Choices program helps families find their strengths, build on those strengths, and learn skills to create stronger families, improve relationships, and increase positive communication.

This program had 24 contacts in Marion County and was done in partnership with the Hannibal Clinic.

Participants reported the following after attending:

- I learned how to take more time with each individual child.
- I realized that each member of my family has a role and responsibility and bring value to the family.
- I learned about how to manage my stress level and how to have a family council.
- I am aware that there are age-appropriate discipline strategies and plan to use them.

The Gift of Aging Conference – Hannibal MO

On October 1, 2024, older adults from the Hannibal area gathered for a one-day conference, the Gift of Aging, held at the Rialto on Broadway Street. The event, organized by the University of Missouri Extension, was designed to support the health and well-being of Missourians at all stages of life. It was free to attend, with a complimentary lunch provided, thanks to the generous support of local sponsors including the Riedel Foundation, Marion County Extension, Griffen's Floral Studio, and Hannibal Regional Hospital. The conference ran from 10:00 AM to 2:00 PM and brought together community members and experts to discuss a wide range of important topics on Aging. The conference featured presentations on health, cybersecurity, and estate planning, aimed at helping older adults navigate critical aspects of aging.

The sessions included:

- "Watch Out for Scammers" by JR Bareis, which educated attendees on identifying and avoiding common scams targeting older adults.
- "Navigating Finances and Relationships in Family Caregiving" by Dr. Naomi R. Meinertz, offering insights into managing financial and personal relationships in caregiving situations.
- "The Pearls of Aging" by Dr. Allyson Willimann-Munch and Alexis Houser, PA, covering the natural aging process and how to maintain health and vitality.
- "Estate Planning and More" by Attorneys John Wilcox and Michael Williams, which addressed key legal considerations for older adults, such as wills, trusts, and long-term care planning.



Marion County

Health and Human Sciences

Local Impact

In addition to these informative sessions, the conference featured free blood pressure checks and provided attendees with the opportunity to learn about local resources and community groups they could join to improve their health and well-being.

Participants also had access to exhibits from 13 different organizations and businesses, including those focusing on healthcare, volunteer opportunities, and senior services.

The event was attended by 64 participants from eight Missouri counties, including St. Louis City, Pike, Ralls, Marion, Lewis, Shelby, Schuyler, and Audrain. The diverse group of attendees ranged in age, ethnicity, and background, and their participation was a testament to the wide-reaching impact of the conference.

The event was also supported by multiple local and state organizations, including Hannibal Regional Hospital, the Missouri Department of Health and Senior Services, Marion County Health Department, the Hannibal YMCA, Hannibal Department of Parks and Recreation, Northeast Missouri Area Agency on Aging, and Beltone Audiology.

Funds raised for the event came from various sponsors, including a \$1,000 grant from the Riedel Foundation, \$350 from Marion County Extension, \$225 in-kind from Griffen's Floral Studio, and \$773.61 from Hannibal Regional Hospital, totaling \$2,348.61. Extra food from the event was donated to the local domestic violence shelter, reflecting the community-focused spirit of the event.

Feedback from attendees was overwhelmingly positive, with many participants expressing their satisfaction with the presentations and the overall conference. A few participants shared that they learned valuable tips, such as how to avoid scams, communicate their care needs with family

members, and access local resources for healthy living. One participant mentioned learning about Missouri University's Seasonal and Simple app, which helps with using seasonal produce in healthy meals.

Overall, 34 participants rated the event as "extremely satisfying," reflecting the success of the conference in meeting the needs of the community.

The planning committee, led by Carrie Elsen, included Tina Edholm, Jennifer Eldridge-Houser, Liz Harrison, Jim Meyer, Karen Poe, and Jeremiah Terrell.

A MU Extension Crunch Off was also held at the event. Northeast regional Faculty present incorporated CHEO and HHS (NHES, HDFS, FNEP) and EES. The University of Missouri Extension and Hannibal Parks and Recreation have already begun planning for next year's 2025 Gift of Aging Conference, which will be co-chaired by these two organizations.

The success of this year's event has prompted the Marion County Extension to host the conference again in the future, demonstrating the event's positive impact on the community and the ongoing commitment to supporting older adults in the region.





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