

UNIVERSITY OF MISSOURI

Extension

2018 AUDRAIN COUNTY - THE YEAR IN REVIEW

MISSOURI STATE FAIR

Local residents chosen as Missouri Farm Family for Audrain County

Mexico, Mo. Dan & Dot Quinlan and family of Mexico were among the families honored during the 60th annual Missouri Farm Family Day, Aug. 13 at the Missouri State Fair.

The Quinlan family was selected as the Audrain County Missouri Farm Family by University of Missouri Extension in Audrain County and the local Farm Bureau. The family includes Caleb & Lauren.

Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA.

Farming with his father, Jim Quinlan, the family has a 675-acre corn and soybean operation in addition to 125 cow-calf pairs. Caleb and Lauren were both active members of Audrain County 4-H and Mexico FFA. Dan & Dot have both served as volunteers for the Audrain County 4-H program.

The annual event is sponsored by five partner agencies: the Missouri Farm Bureau, the Missouri Department of Agriculture, the Missouri State Fair Commissioners, the MU College of Agriculture, Food and Natural Resources, and MU Extension and Engagement.

This year, all 114 Missouri counties plus the City of St. Louis participated, honoring nearly 490 people from 115 farm families.

The event showcases the impact Missouri Farm Families have on the economy and heritage of the state, said Missouri State Fair Director Mark Wolfe. "These families are involved in agriculture activities in their communities and are active participants in local outreach and extension. As the premier showcase for Missouri agriculture, the Missouri State Fair is most certainly the appropriate place to celebrate these families."



Honor Family in foreground. Dot, Lauren, Caleb, and Dan Quinlan
Also in the pictured behind the family are: (left to right) **Marshall Stewart, Vice Chancellor for MU Extension and Engagement; Blake Hurst, President of Missouri Farm Bureau; State Fair Queen 2018 Samantha Nelson, State Fair Commissioners, Nikki Whitehead and Ted Sheppard; Christine Chin, Director of Missouri Dept. of Agriculture; and Christopher Daubert, Dean of MU College of Agriculture, Food and Natural Resources.**

Donations to Audrain County Extension Endowment

Did you know that Audrain County Extension could accept donations? Donations can be monetary or in the form of physical assets such as land or equipment. Audrain County Extension donations/gifts are an excellent estate planning option. Audrain County Extension is a not-for-profit organization. Money or gifts given to Audrain County Extension are tax deductible donations. Your gifts and donations can be in the form of a general donation or it can be given for a specific extension program. Anyone with an interest or potential interest in donating to Audrain County Extension should contact the Audrain County Extension office for specific details. We have professionals ready to assist you with your donation plans. The wording of a donation plan is critical to ensure your donation stays in Audrain County and is used solely to help the citizens of Audrain County. Our office is always looking for ways to improve the lives of Audrain County citizens. We do this by providing educational programming in the areas of family financial education, agriculture, youth development and nutrition. Anyone wishing to donate or discuss how to donate can call our office at 573-581-3231 and ask for Stephanie Femrite County Engagement Specialist for confidential assistance.

For More Information on University of Missouri Extension
Web: extension.missouri.edu Phone: 581-3231

2018 Audrain County Extension in Review

University of Missouri Extension in Audrain County has offered many programs, activities and services to the citizens of Audrain County this past year. The programs offered provided educational programming in the areas of Agriculture, 4-H and Youth, Nutrition, Personal Finance and variety of other educational opportunities. University of Missouri Extension is the University of Missouri's classroom in communities across the state. It was created by federal land-grant and state statutes. University of Missouri Extension connects the citizens of Audrain County to research-based education that improves the county's economy and quality of life. University of Missouri Extension prides itself in being relevant,

reliable and responsive to the citizens of Audrain County. We would like to thank all our stakeholders for their support in 2018. We would especially like to thank the Audrain County Commission for its steadfast support of the Audrain County Extension office. Without the financial support that is provided by the Audrain County Commission, the local office would not be able to provide educational programming to the citizens of Audrain County. With this local financial support, the Audrain County Extension Council provides input and recommendations for what is best for the community in the area of educational programming and the expenditure of Extension funds. This vital partnership results in

a buy-in from the community, adoption of policies, implementation of plans, and increased economic activity. As a result, the citizens of Audrain County benefit from this wise use of public and private resources.

Extension is frequently referred to as Cooperative Extension. The term Cooperative Extension comes from the fact that Extension is made up of three components – federal, state and local. The educational resources used in Extension teaching comes from all three areas federal, state and local (county) and the funding to support Extension educational efforts also come from all three – federal, state and local. Investing in University of Missouri Extension programs benefits not only the direct

participants, but local communities and society as a whole. County, state and federal dollars invested in MU Extension enables local communities' access to public services they would not have otherwise. MU Extension programs, using unbiased research-based information, focus on preventing problems, which is much less expensive to the citizens of Audrain County than trying to fix problems after they are created.

Extension on the national level is the educational branch with the U.S. Department of Agriculture which cooperates with land grant universities across the nation to develop educational programs needed within the states. In Missouri, Extension continues strong

ties with all four campuses and Lincoln University. The county offices continue to be the local link between the four University of Missouri campuses and Lincoln University and the people throughout the state. University of Missouri Extension's land grant mission is to "improve lives, communities and economies by producing relevant, reliable and responsive educational strategies that enhance access to the resources and research of the University of Missouri". Extension is part of an educational system that is committed to enhancing human potential in changing social and economic environment, to improve people's lives. County extension councils consist of elected and appointed citizens that plan

and oversee local extension activities. The 2018 Council Members are listed on the back page. It is through their dedication and devotion to Audrain County that helps Audrain County maintain a high quality of life for our residents.

The Audrain office staff works very hard to provide and support programs for the residents of Audrain County. With dedicated staff, council members and many volunteers, valuable programs are available to all to Audrain County residents. The Audrain University of Missouri Extension Center is located in the Audrain County Courthouse, Room 304. The office is open Mon.-Fri., from 8:00 a.m. to noon and 1 to 5 p.m.

AGRONOMY AND HORTICULTURE

Education Plus Diagnostic Services for Farm and Garden Success

Over 1200 Audrain County residents participated in a University of Missouri Extension agronomy or horticulture program in 2018. Participants include farmers and Clark produce auction growers who attended Private Pesticide Applicator Training, Master Gardeners, people who seek gardening advice from Master Gardeners at the Mexico Farmer's Market, people who learn from Master Gardeners at the Mexico Community Garden, soil test customers, and plant diagnostic clinic customers. In 2018 agronomy and horticulture programs resulted in approximately 800 hours of learning by Audrain

County residents. Audrain Master Gardeners volunteered over 900 hours, with many of those hours volunteered at the Mexico Help Center and Mexico Farmers Market. Audrain Master Gardeners play a key role supporting Mexico Community Gardens, a collaborative effort between several groups and individuals to support community gardens and healthy food choices in Mexico. Evaluations showed that people learned basic gardening, how to prepare food from the garden, pest control, how to apply fertilizer to crops and gardens, and safe use of pesticides. People used what they learned to grow food, reduce pollution

in streams and lakes, and stay safe as they work in their gardens and fields. By utilizing research proven best practices in their gardens and on their farms citizens of Audrain County improve their local economy. Regardless of whether research proven best practices are used to produce locally grown produce for the Clark Produce Auction, or corn and soybeans that are marketed globally, there are clear benefits to increasing efficiency, productivity, and safety. Current and future generations benefit when research proven best practices are used and result in improved productivity and reduced negative environmental impacts.



Audrain County Master Gardener Chapter officers for 2019 from left to right: Sue Priest, Roberta Wilson, Staria Vanderpool, and Joy Hoyt.

Soils & Crops Conference



Missouri Highway Patrol shares important transportation rules and regulations with area farmers.

The 93rd annual Audrain Soils & Crops Conference was held January 29, 2018. A variety of sessions were taught including: spray nozzle update and demo, changes with the new tax law, transportation rules and regulations, USDA update, cover crop research results, Missouri weather, seed treatments, soybeans after soybeans and a demonstration from the Mexico FFA. Also, there

were family sessions on Mexico Farmer's Market and quick healthy meals.

The conference was designed to begin with a general session, the have three rounds of concurrent sessions. Each round of concurrent session had five choices. Some of the concurrent sessions were repeated so that participants had the opportunity to attend the sessions of their choice.

Sponsors for the pro-

gram included Audrain Extension Council, Mexico Young Farmers and Audrain County Farm Bureau.

Instructors included state and regional extension specialists, USDA personnel, Missouri Highway Patrol, and Audrain Master Gardeners. Eighty-five people from seven counties attended the program.

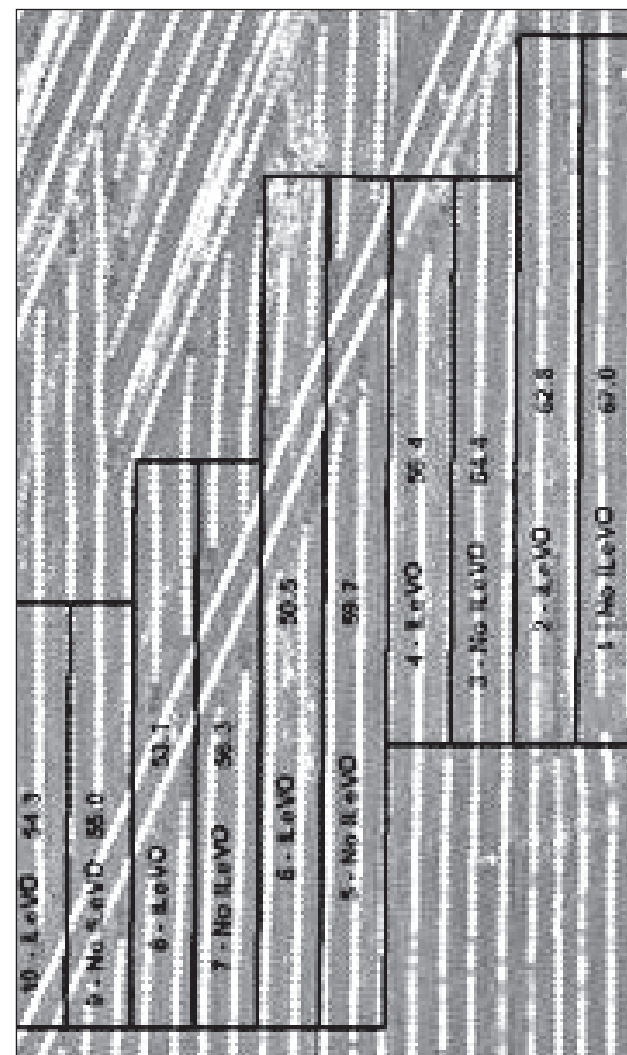
On-Farm Research Provides a Tool for Producers to Fine-Tune Management

The Missouri Strip Trial Program is a grower-focused program designed to help Missouri farmers and crop advisors compare on-farm management decisions and practices in a low-cost, low-risk setting. Farmers utilize their own precision ag equipment to conduct on-farm research in their own crop fields.

Participating farmers work with a field specialist with University of Missouri Extension to guide the planning, implementation and methodology used for the trial. This extra guidance and assistance helps ensure growers receive a reliable, statically valid and unbiased evaluation of a particular practice, method or idea.

When coupled with in-season aerial imagery collected with drone technology and GPS referenced yield monitor data, trials will allow farmers to evaluate two or three agronomic treatments through carefully managed, side-by-side comparisons.

In Audrain County, this will be the second year of an on-farm strip trial implemented in the region focused on evaluating the seed treatment ILeVO to mitigate soybean sudden death syndrome (SDS) and soybean cyst nematode (SCN). Of these trials, a soybean yield advantage of 3.5 bushels per acre of ILeVO treated



Close-up of strips showing soybean yield data reported as bushels per acre. Strips are labeled with their respective treatment and mean yield.

seed compared to no seed treatment was realized. This in-turn has a positive economic impact to the farmer of \$18.00 per acre. However, in Audrain County, this specific trial did not show a yield advantage of utilizing the seed treatment. This trial addresses the emphasis area of "improving soy-

bean management practices through research and demonstration" through the Missouri Soybean Merchandising Council.

This program is made possible by support from the Missouri Corn and Soybean Merchandising Councils, their checkoff and University of Missouri Extension.

MU Extension 4-H Youth Development

Audrain County 4-H creates environments in which young people are valued, contributing, members in their community. 4-H provides Audrain County youth with hands-on learning opportunities in a safe environment where they can experiment, innovate, and think independently with the help of caring volunteers.

Findings from a 2018 evaluation study reveals that Missouri 4-H:

Develops Leadership

81% of the Missouri 4-H'ers surveyed said they find it easy to speak up in a group.

89% reported feeling comfortable being a leader.

95% said 4-H is a place where they get to help make group decisions.

95% said 4-H is a place where you have a chance to be a leader.

97% said 4-H is a place where you learn about ways to help your community

Builds Initiative

92% of Missouri 4-H'ers surveyed said they are willing to try something they might get wrong.

93% said they keep trying until they reach their goals.

97% said they try to learn from their mistakes.

98% said they are willing to work hard on something difficult.

99% reported that they like to learn new things.

Builds Connections for a Bright Future

92% said they like to learn about people who are different from them, and get along.

93% said they think



Bacon Curing: Breanna Dollens (center) participates in a bacon curing workshop. Project members learn about the process of properly curing meat and different components of meat.

about others feelings before they say something.

93% say they think about how their choices affect others.

97% said they treat others the way they want to be treated.

98% said they show respect for others ideas.

4-H'ers are twice as likely to go to college compared to their non 4-H peers and they tend to pursue careers in STEM fields (Lerner & Lerner, 2011). In 2018 Missouri 4-H connected 4,818 young people to University of Missouri campuses. Being on campus is a predictor of youth going onto higher education (Dalton & St. John, 2016).

Youth who earn a bachelor's degree increase annual earnings by \$2 million over their lifetime (U.S.

News and World Report, 2011). If 50% of the youth in Audrain County participate in 4-H events on a college campus receive a Bachelor's degree, 4-H would help young people acquire \$250 million more in lifetime earnings.

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

4-H clubs

Audrain County 4-H clubs offer long-term educational experiences in which members learn life skills such as decision making, public speaking and working with others. Members learn by doing under the guidance of adult volunteers, who teach projects ranging from computers science and arts to animal science and healthy living. Clubs also involve youth in community service, camping and educational trips.

4-H SPIN and special-interest programs

Audrain County 4-H SPIN and special-interest clubs and programs include community partnerships and events, day

camp and other educational activities. In a partnership with McMillan Elementary school, SPIN club members (grades 1-5) had the opportunity to participate in two programs in 2018. A spring session of arts & crafts and a fall session titled 'Kids in the Kitchen'. In the fall youth learned about basic food nutrition, food safety, and how to create simple snacks.

4-H members supported by 134 youth and adult volunteers

Volunteers are the core of the 4-H Program. They help to create, support and deliver educational programs and experiences. Missouri 4-H volunteers report contributing on average 100 hours per year to the program. Valuing their time at \$24.14 per hour (Independent Sector, 2017), the contribution of Audrain 4-H volunteers was worth more than \$323,476 in 2018. More importantly, these individuals serve as role models and mentors for youth.

4-H Camping Program

4-H Camp is one of the many highlights of the 4-H year for local youth. Camp is planned, conducted, and evaluated by 4-H Youth Development Specialists Stephanie Femrite and Patty Fisher, with the involvement and assistance of about twenty teen-aged Camp Counselors. Over 115 youth and teens take part in one of two annual 4-H Camp programs, held at Camp Cedar Crest north of Mexico, MO.

4-H youth and parents identify 4-H camp as having a strong, positive impact on life skills



Growing communities: Selected are recipients of the Monsanto Growing Communities award, Bill & Sherry Sonwalt donated \$2,500 to the Audrain County 4-H Foundation to assist with the development and up-keep of the 4-H Fairgrounds.

development in youth. In both 2005 and 2006, 4-H members aged 10-13 across Missouri and their parents were surveyed to assess their perceptions of the Missouri 4-H Camping program's effectiveness in building life skills in youth. The results were overwhelmingly positive.

In a recent study with camp counselors (Femrite & Flatt, 2017), evidence was found that in general, 4-H youth camp counsel-

ors in Missouri experience transformative learning and leadership/life skill development as camp counselors. Evidence was found that youth experience a shift in thinking from the way that things have always been done to the change that they experienced both internally and externally at camp. Many counselors indicated that their experiences as a camp counselor

SEE 4-H, PG. 5



Counselor Training: Camp Counselors engage in a team building exercise to help develop communication and teamwork as they prepare to work with campers during 4-H Camp, a 4 day residential camp.

4-H

continued from pg. 4

transformed their thinking about themselves into a leader. This leadership came with a caveat however, that they would have to make personal changes as well. These personal changes were not always comfortable in the shifting dynamic of the camp experience.

According to the data collected, there is strong evidence to suggest that there are personal transformations taking place at camp. Leadership and life skill development was an important facet that camp counselors experienced. Team management skills were developed to push individuals to learn collectively in an effort to teach collaboratively. Specific themes of organization, time management, and responsibility were indicated as skills that were developed as a result of camp. Leadership and life skill development however, was not always an easy transition to make. There were obvious challenges for counselors in their development process. This arena is where personal trans-



McMillan Spin KIK: First-fifth graders at McMillan Elementary participated in the Kids in the Kitchen as part of a Special Interest program through 4-H. Youth learned about health eating and easy snacks to make at home. The program was led by MU Extension Nutrition Associate Jolene Rodgers.

formations occur, as camp counselors are attempting to expand their leadership and life skill development, they are pushed outside of their comfort zones with the intent to grow and develop.

Hatching Chicks in the Classroom

4-H Embryology teaches students about science and respect for life. Students hatch chicks in the classroom and witness the exciting miracle of life. Through this program, pre-incubated eggs are delivered to the school where they hatch about four days later. During this time, students have the opportunity to learn the scientific process of embryology including: incubation, preparing a brooder, hatching, identifying parts of an egg, development of chicks in the egg and once they have hatched, handling chicks, and careers in the poultry industry. While students care for the eggs and chicks, they learn leadership, responsibility, sharing, decision making, critical thinking, and teamwork.

Number of Audrain County learners: 212 pre-kindergarten through 5th grade students and 15 classroom teachers

The 4-H Embryology Program gives children of all ages a hands-on experience in hatching chickens while developing personal confidence and leadership ability through embryology project activities. Children learn by listening, observing, experimenting and applying their knowledge to real-world situations. As students continue on their learning journey they have increased knowledge and skills in nutrition, food production, food safety, and food systems. Within this program Audrain County students have the opportunity to develop and practice life skills including working on a team, identifying one's own competencies, creative expression, and short term goal setting.

Summer Beef Tour

In late August, the University Extension planned a beef facilities and equipment tour in the Mexico area visiting two farms. The farm owners shared things working well as well as lessons learned and challenges. A few items included working facilities, water sources, forages, records, fencing and many other items. The tour ended at the 4-H Center with supper and a presentation on feeding options in a short forage situation by Dr. Eric Bailey, MU beef nutritionist. All those attending received an Extension beef handling facilities manual.

The idea for farm tours came from an extension council member several years ago to help farmers learn from other farmers. The Audrain Extension council members, staff and specialists Mary Sobba, Kent Shannon and Daniel Mallory helped coordinate the event. The Audrain County Cattlemen's Association provided and cooked the beef.



Steve Curtis explains how he uses his handling facilities to the group.

A special thank you to the Curtis and Bracht families for hosting the tour. Thirty-four people attended the tour. Persons attending the tour were asked to share feedback to help for future years. They also shared an idea or two they learned that will be used on their own farm. The ideas shared included: installing a chute, test-

ing hay, updating working facilities, improving pastures, ideas for new barn, looking at a new record system.

If Audrain county farmers can improve pastures and/or feed by 2%, that would be over \$325,000 value in the county to improve farm financials, which benefits the entire county.



Livestock Expo: Dr. Eric Bailey, MU Extension Beef Specialist talks with 4-H beef project members and parents about how to successfully raise production animals.



Ron Bracht shares his experiences with equipment.

Beef Improvement Program



One beef producer in Audrain County is enrolled in the Northeast Missouri Beef Improvement Program. The regional livestock specialist assists these producers with their performance record program by taking weaning and yearling weights and frame scores on their calves. These producers then sell bulls in the annual NEMO Performance Tested bull sale held in Palmyra.

The annual Performance Tested bull sale is a value added program, 43 bulls averaged \$2,995 per head.

Participants of the beef improvement program use the data when they sell the bulls to other producers such as in the performance Tested Bull sale. Learn importance of keeping performance records by taking weaning and yearling weights and heights on the farm.

Beef AI Breeding

Program

The use of artificial insemination (AI) breeding in beef cattle has increased over the past nine years as a result of new technology in this area including fixed time AI demonstration done in the region.

As a result the NEMO BCIA owns three AI breeding boxes which are available for use in the area. These boxes help improve the conception rate when using AI.

In, 2018, area producers used the boxes for a total of 35 days with approximately 1,700 cows and heifers being AI bred in the boxes. The AI conception rate is increased by 5-15 percent due to the lower stress levels on heifers/cows as a result of the design of the breeding boxes, and increases the productivity of a producer's herd affecting his profitability creating a positive im-

pact on the economy of Audrain County.

Show-Me Quality Assurance (SMQA)

This certification is for youth and includes a one-hour workshop. Participants must do this three times during their showing career. They must attend twice under the age of 13 and once when they are 14 and older. This program meets the requirements for certification required to exhibit meat producing animals and allows livestock and poultry project members to meet this requirement to complete their project.

SMQA increases the knowledge and awareness of Missouri youth about food quality issues related to animal production, as well as increase quality of care and knowledge of livestock produced by youth in Audrain County.

Family Nutrition Program

University of Missouri Extension's Family Nutrition Program (FNP) reached 372 participants directly and 15,319 indirectly with nutrition education in Audrain County during 2018 a significant percentage of which were low income. FNP provides information on nutrition, food safety, and physical activity for lifelong health and fitness by working with qualifying schools, community groups and agencies.



Total Hours of Collective Learning: 1071 collective workshop hours

Youth from Pre-school to 8th grade learned through kid-friendly, hands-on lessons and activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults also includes nutrition, food safety, and physical activity, as well as food resource management.

Nutrition Program Associates (NPAs) go into schools and other grant eligible locations and interact with community members to help them make healthier choices and build healthy habits. They see the difference the program makes in people's lives.

The Family Nutrition

Smoothie Bike: Jolene Rodgers and Jim Meyer, Nutrition and Health Specialist, teamed up to present a nutrition education session at the Van Far Health Fair. Jolene is riding the "Smoothie Bike".

Program (FNP) brought \$9,449,699.00 federal funds to the state of Missouri. These funds were used to provide nutrition education to 735,541 Supplemental Nutrition Assistance Program recipients and eligible citizens of Missouri. There were 2,932,390 educational contacts. This year we had 2,242,249 indirect educational contacts. Indirect contacts are reached through newsletters, health fairs, food pantries and the Show Me Nutrition help line. 15,691 of these participants reside in Audrain County.

Participants in FNP become more aware of nu-

trition, make healthier meal and snack choices, eat breakfast more often, are more willing to try new foods, increase their physical activity and in general make healthier food choices. Those who practice healthy eating and activity behaviors are more likely to enjoy a high quality of life as an adult and into old age. A healthy labor force is critical to attracting and keeping jobs in Missouri. In addition, this important programming effort serves to reduce healthcare costs over the participant's lifetime, saving taxpayers money in reduced public healthcare benefits and insurance premiums.



Health Fair: Jolene working with the students from McMillian Elementary during the Health Fair held at the YMCA in Mexico.

Letter from the office of the vice chancellor for extension and engagement

Dear county commissioners and friends of MU Extension,

The past year has been extremely productive for University of Missouri Extension and Engagement.

With the launch of our county engagement specialist model, which is the centerpiece of a long-overdue restructuring, we are better positioned to serve Missourians.

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

At the MU campus, we have been busy putting in place online resources that

will benefit Missouri communities. In particular, the All Things Missouri web portal is an exciting tool that can help community leaders search for valuable data. I encourage you to check it out at <https://allthingsmissouri.org/>.

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

As you read your county's annual MU Extension report, I am confident that you will be pleased with

the results accomplished through county-based Uni-

versity of Missouri faculty. Our faculty take pride in their efforts to respond to local extension council input.

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

Your support of MU Extension and our efforts in your community are greatly appreciated. As always, I

welcome your input on how the University of Missouri can better serve your community and its people.

Sincerely,

Marshall Stewart

Ag Lender Seminars

Late last fall there were three agriculture lending seminars held in Northeast Missouri: Mexico, Hannibal and Kirksville. A total of ninety-five lenders and forty-five producers attended from 30 Missouri counties, plus Illinois attended. There were thirty-six participants, from eleven counties at the Mexico location.

The seminars were about 5 ½ hrs in length for a total of over 770 hours of education.

What did they learn? Topics for the seminars included: Macro Economics, Land Values and Rental Rates, Crop & Livestock Outlook, Update on Taxes and Marketing Strategies.

Lenders received the 2019 Missouri Farm Financial Outlook book, which

includes 2018 budgets for all major crop and livestock enterprises in the state and articles on many current agricultural topics.

What action did they take? Agriculture lenders work with a variety of customers each year from small producers to large producers. The goal is for the knowledge gained at the seminars to help them work with the clients and to share information and resources gained.

The evaluations showed the tools most often helpful include: budgets, crop and livestock market outlooks, rental rates, land values, tax and health insurance information and marketing tools.

How does this make Audrain County and Missouri better? The lenders in attendance manage well over

4,300 loans totaling \$970+ million. By attending University of Missouri's Agricultural Lenders' seminars, lenders are able to help their clients make better decisions based on risk management tools, budgets, and other resources provided. This benefits their portfolio of producers and landowners by an increased understanding of enterprise budgets and cash flow affecting families' and businesses' financial health. This is especially important with the downturn in the agricultural economy as both crop and livestock producers expect lower incomes, continued high input costs, challenging marketing decisions, and a new Farm Bill.

MU Extension Tax Schools



Participants in the fall tax school in Columbia came from thirty-two counties to learn about changes due to the Tax Cuts and Jobs Act.

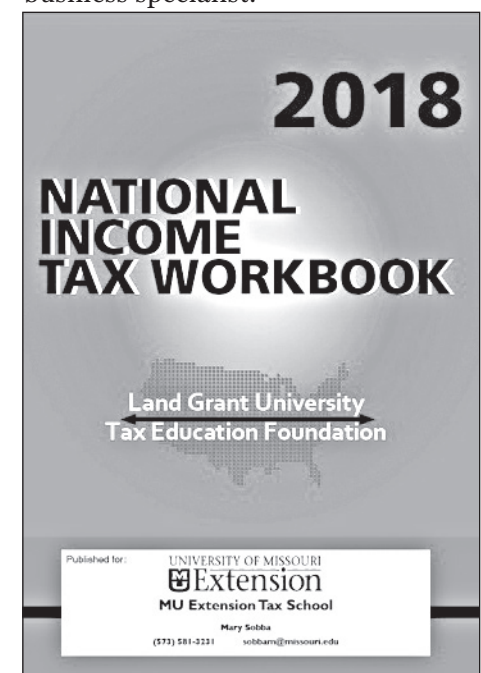
During 2018, University of Missouri Extension ag economics department and regional ag business specialists worked together to coordinate one summer and six fall tax schools. The schools were designed for those who prepare taxes including: enrolled agents, tax preparers, CPA's, individuals and attorneys.

The training included new tax legislation (Tax Cuts and Jobs Act), rulings and cases, individual taxpayer issues, IRS rules and regulations, business issues, retirement issues, cybersecurity, ethics and agricultural and drought topics. Much focus was on the new Tax Cuts and Jobs Act, which is the most tax changes in over thirty years. The schools were approved for 8 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 3,072 hours.

The 2018 school attendance was a total of four hundred fifty-seven people. The schools were held in Cape Girardeau, Columbia, St. Joseph and Springfield. The participants were from all over the state. There were 13 participants from Audrain County.

The teaching teams included a CPA and former IRS employee, an IRS certified retired ag economics professor, an attorney and a regional extension ag business specialist.

The trainings received positive evaluations and planning is underway to offer additional trainings in 2019. Local county residents benefit when local tax preparers have the opportunity to gain knowledge they can use to benefit their clients. The statewide tax schools are coordinated by Mary Sobba, ag business specialist.



The MU Extension Tax Schools are a part of the nationwide Land Grant University Tax Education Foundation and use the national workbook for all the fall schools.

2018 Audrain Extension Council Members

Officers

Bobby Stone, Chariman
Ryan Hollenberg, Vice Chairman
Nate Birt, Secretary
Samantha Jensen, Treasurer

Appointed Members

Tracy Graham County Commission
Laura Pitts City of Mexico
Bobby Stone MFA

Elected Members

District 1 – NW Area
District 2 – SW Area
District 3 – NE Area
District 4 – SE Area
District 5 – City of Mexico

Abby Sudbrock and Brian Vance
Ryan Hollenberg and Linda Norwald
Shera Dameron and Samantha Jensen
Aaron Cope and Darla Haines
Nate Birt, Karen Potter, Garf Thomas,
and Jason Young

Extension Staff Headquartered in Audrain County

Stephanie Femrite 4-H Youth Development Specialist, County Engagement Specialist
Mary Sobba Agriculture Business Specialist
Jolene Rogers Nutrition Program Associate
Daniel Nunnally Youth Education Assistant
Kathy Nichols Administrative Assistant
Terri Stamy Administrative Assistant

Additional Staff with Responsibilities in Audrain County (Offices are in other counties)

Mike Krauch
Regional Director

Daniel Mallory
Livestock Specialist

Renee Christensen
Human Development and Family

Jim Meyer
Nutrition and Health Education Specialist

Max Glover
Agronomy Specialist

Jennifer Schutter
Horticulture Specialist

Charles Holland
Business Development Specialist

Kent Shannon
Natural Resource Engineering Specialist

University of Missouri Extension provides equal opportunity to all participants in extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability or status as a protected veteran.

University of Missouri Extension Mission Statement

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

Nutrition Education Offered in Audrain County

Chronic Disease Self-Management

Five residents of Audrain County attended the Chronic Disease Self-management program held at the Senior Nutrition center in Mexico. The workshop lasted 12 hours for a total of 60 collective hours of instruction. Participants learned different tools they can use to better manage their chronic disease. These tools include: using your mind to manage symptoms, getting a good night's sleep, a technique for problem solving, dealing with difficult emotions, physical activity, pain and fatigue management, better breathing, healthy eating, communication skills, medication usage, dealing with depression, making informed treatment decisions, weight management, and working with your healthcare team and organization. Par-

ticipants created action plans to change their health habits. One participant changed how she managed stress. Other participants started exercising. One participant used what they learned from the program to quit smoking. When you support MU Extension's Chronic Disease Self-Management program, you help participants with chronic conditions learn proven, effective interventions. These interventions can reduce symptoms, give participants the confidence to manage their condition, improve their quality of life and reduce health care costs.

Cooking Matters

Six residents of Audrain County attended a Cooking Matters pop-up store tour program in Mexico. The program lasted 1.5 hours. Cooking Matters at the Store tours

provide families with hands-on education as they shop for food, giving them skills to compare foods for cost and nutrition. Participants learn how to plan and budget for healthy, affordable, and delicious meals for their families. After attending a Cooking Matters at the Store tour participants report improved knowledge, skills, or understanding of maintaining a healthier dietary intake and using skills and knowledge to shop healthier and reduce food costs. As part of the No Kid Hungry campaign to end childhood hunger in America, Share Our Strength's Cooking Matters at the Store teaches participants to shop smarter, and use nutrition information to make healthier choices. Those who practice healthy eating behaviors are more likely to enjoy a high quality of life as an adult.

UNIVERSITY OF MISSOURI
 Extension