

Financial Report

Income		
0200	Governmental Appropriations	91,200.00
Total Income		91,200.00
Expense		
2700	Personnel Salary/Wages	76,558.22
3100	Travel	3,329.37
3600	Postage	208.40
3700	Telephone Services—Local	2,404.65
3900	Advertising	179.19
4300	Rent/Lease Space	100.00
4401	Postage Meter Rental	324.00
4800	Reproduction/Copy Services	1,200.00
5100	Supplies and Services	1,552.43
5200	Hospitality	59.16
5600	Professional Services	2192.50
5900	Utilities	2,760.00
6400	Other Contract Services	30.00
6800	Insurance	271.00
7000	Miscellaneous	196.44
7010	Extension Council Election	439.25
7020	Dues & Subscriptions	130.00
7300	Repairs/Maintenance	797.02
7700	Furniture/Equipment	269.40
Total Expense		90,808.53
Net Income		391.47

Buchanan County Extension Council:

Lynn Anderson, Chair
 Rob Hitchings, Vice Chair
 Scott Nelson, Treasurer
 Rhonda Shreve, Assistant Treasurer
 Dee Musser, Secretary
 Rhonda Anderson, Member
 Aleysha Bagby, Member
 Michael Bagby, Member
 Joyce Bollman, Member
 Kris Compton, Member
 Jeffery Cox, Member
 Rose Dunlap, Member
 Tom Knadler, Member
 Jay Martin, Member
 Judith Moore, Member
 Milton Moore, Member
 Josh Ray, Member
 Sandy Smith, Member
 Sharon Weiser, Member
 Jim Yount, MFA Representative
 Bill McMurray, Mayor, City Council
 Andrew Schneider, Farm Bureau

Buchanan County Commissioners:

Lee Sawyer, Presiding
 Scott Burnham, Eastern District
 Ron Hook, Western District



UNIVERSITY OF MISSOURI EXTENSION

Buchanan County

2019 ANNUAL REPORT

Faculty and Staff Serving Buchanan County

- **Denice Hector**—County Engagement Specialist in Community Economic Development—Agriculture Business (816)279-1691
- **Cindy Wells**— Specialist in 4-H Youth Development (816) 279-1691
- **Debbie Bennett**-Nutrition Program Associate (816) 279-1691
- **Wayne Flanary**— Field Specialist in Agronomy (816) 279-1691
- **Tom Fowler**-Field Specialist in Horticulture (816) 279-1691
- **Linda Hodge** –Office manager/Bookkeeper (816) 279-1691
- **Katie Pemberton**-Field Specialist in Human Development (660) 446-3724
- **Lacy Zoubek**—Youth Program Associate (816) 279-1691
- **Jim Crawford**— Field Specialist in Agricultural Engineering (660) 744-6231
- **Penny Crawford**-Regional Coordinator Food and Nutrition Education Program (FNP) (816) 632-7009
- **Connie Griffith**— FNP Program Manager (816) 632-7009
- **James Humphrey**— Field Specialist in Livestock (816) 324-3147
- **Joe Lear**— Regional Director (816) 408-0370
- **Gina Lucas**— County Engagement Specialist in Nutrition and Health (816) 324-3147
- **Regina Ripley**-Nutrition Program Associate (660) 446-3724
- **Amie Schleicher**— Field Specialist in Livestock (660) 744-6231
- **Meghaan Binkley-Hopper**— Business Development (816) 844-7857
- **Rebecca Lobina**—Business Development (816) 232-4461



December 5, 2019

Dear county commissioners and friends of MU Extension,

I had the good fortune to catch up with some of you this past fall as I traveled the state to share the University of Missouri's Extension and Engagement vision and plan for the coming years. What a pleasure it is to serve this state we call home.

As you know, we've listened closely to Missourians' needs, restructuring our faculty and program delivery to better serve people and communities. With this reset nearly complete, we're better positioned to work together to strengthen our state's economy, increase Missourians' access to meaningful education and workforce development options, and improve our citizens' health and well-being.

MU Chancellor Alex Cartwright often calls us the University for Missouri. In very real terms this means that MU Extension is leading efforts to connect the university's powerful research, knowledge and science-based information with our state's diverse needs and local efforts to address them.

Whether you're a farmer researching the latest profitable grazing practices, a 4-H leader developing after-school robotics programs with local schools, or a community leader helping people formerly addicted to opioids return to productive work, you deserve the very best MU Extension and university engagement efforts have to give. As a comprehensive university, we can be uniquely responsive. We have schools of medicine, nursing and health professions, for instance, to support health care in rural communities, a law school clinic that helps veterans qualify for the benefits they deserve. MU education students become the teachers who enrich children's lives in nearly every school district in the state. We are here for you and with you.

Together, we can make lasting impacts. That's why in this new year we are focused on growing and leveraging local partnerships, expertise and resources. With 110 of 115 county engagement specialist positions filled — and renewed focus on responsive program development — we are ready to go.

As the first public university west of the Mississippi River, our land-grant roots run deep through Missouri's heritage and history. They help chart our future, too: What can we do to make our state better? How can we think and do different?

I know you will be proud to see your own communities' successes in the pages of this year's county annual report. On behalf of all of us at MU Extension, I look forward to your thoughts on how we can best lead, serve and grow through the year ahead.

Sincerely,



Marshall Stewart

Buchanan County Highlights



MO State Fair Farm Family

The Schneider Family are the 2019 Farm Family for Buchanan County.

Dignitaries Back Row (left to Right): **Kevin Roberts**, chairman, Missouri State Fair Commissioners; **Rob Kallenbach**, Int. Assoc. Dean, Agriculture and Environmental Extension & Director, Commercial Ag; **Todd Hays**, Vice President, Missouri Farm Bureau; **Blake Naughton**, Associate Vice Chancellor for MU Extension & Engagement; **Mark Wolfe**, Director, Missouri State Fair; **Chris Klenklen**, Deputy Director, Missouri Department of Agriculture; (seated) **Miss Chloe Momphard**, Missouri State Fair Queen 2019.

Farm Family, middle row (left to right): Andrew & Tina Schneider
Front row kids: Blake & Alissa



Missouri Century Farms

The University of Missouri and Farm bureau sponsor the Century Farm Program to recognize and honor farms and ranches that have been in one family for 100 years. In Buchanan County during 2019, 4 new family farms were identified and celebrated. It is time to redefine sustainability and put a

face to the farmer who fills our cupboards and clothes our backs.

Leaders Honor Roll

The Leaders Honor Roll program is intended to honor outstanding community leaders and volunteers who have excelled in supporting, educating, and advancing the University of Missouri Extension in their communities. In 2019, Devin Ferguson and Donnie Miller were selected by the University of Missouri Extension—Buchanan County as the recipients of this honor to highlight all of the support and coverage they have given throughout the years.

Big Muddy Mini Maker Faire

Buchanan County Extension partnered with EmPowerU, the city of St. Joseph and other community entities to plan and participate in the Big Muddy Mini Maker Faire. These makers come to show their creations and share their learnings.

My Success Event

In partnership with the Chamber of Commerce and other local organizations, Buchanan County Extension participated in the My Success Event. My Success Event is an annual event which brings over 2500 area sophomores and over 70 businesses together to create a career choices exploration event. Youth learn about career choices available here during the two-day event.

Tomato Fest

Held at the Buchanan County Extension office in the summer, hosted by the NW MO Master Gardeners and University of MO Extension faculty, the Tomato Fest! offers information and demonstrations on producing, preparing and preserving tomatoes, learning stations that feature pollinator and native plants, the youth garden and high tunnel. Around 160 people viewed the 87 varieties of tomatoes, 70 varieties of peppers, 12 varieties of eggplant and 8 varieties of sweetcorn.



University of Missouri Extension Footprint in Buchanan County

- **41,969** Total educational contacts from MU Extension to residents of Buchanan County, including:
 - * **4,406** contacts related to productive farming, better gardening, and managing natural resources.
 - * **36,745** contacts related to healthy eating and aging, strengthening families, personal finance and youth development.
 - * **818** contacts related to starting businesses, developing community leaders, or renewing the local economy.
- Health Care
 - * **145** patients seen at UM Health Care with **\$65,390** of uncompensated care
 - * **112** patients seen at UMKC School of Dentistry with statewide average of **\$82.27** per patient uncompensated care

For more information, visit on the web: <https://engagemo.org/impact-report>

Economic Opportunity

Corn and Soybean Crop Production and Education



Buchanan County value of corn production was \$29.3M and soybean \$28.1M according to the 2017 agriculture census data. Agriculture is an economic driver in Buchanan County. To support the value of these crops, agronomic programs are targeted to help producers be efficient and profitable while protecting the environment. Programs include technical support with one on one, applied research generated at the Graves Chapple Research Center, meetings to inform producers of new research and provide solutions to crop management problems by Wayne Flanary, Field Specialist in Agronomy.

Also, as producers age, we are working with new generation of youth who are interested in farming. Also, the Agriculture Extension staff provide safety training to educate youth how to avoid dangers on farms and rural areas.

Great Plains Growers Conference & Trade Show

NW Missouri Master Gardeners volunteer their time to assist this conference for commercial vegetable and fruit growers. The conference held in January brings over 400 people from several states to Buchanan County. The St. Joseph visitor's bureau estimates the economic impact of the conference is \$113,850.

MU Extension Tax Schools



During 2019, University of Missouri Extension ag economics department and regional ag business specialists worked together to coordinate two 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 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 2,955 hours.

The 2019 school attendance totaled four hundred twenty-eight people. The schools were held in Cape Girardeau, Columbia, St. Joseph and Springfield. The participants were from all over Missouri. There were 9 participants from Buchanan County.

The trainings received positive evaluations and planning is underway to offer additional trainings in 2020. Local county residents benefit when local tax preparers have the opportunity to gain knowledge, which benefits their clients and communities. The

schools are a program of the ag business and policy program of MU Extension, coordinated by Mary Sobba and a team of ag business specialists help throughout the state.

University of Missouri Extension Master Gardeners

The mission of the Missouri Master Gardener Extension Program is "helping others learn to grow." The Master Gardener program provides horticultural training to individuals who then volunteer their time applying what they have learned to help others in their community to learn about gardening and environmental education.



The Extension Master Gardeners in Buchanan County are called the Northwest Missouri Master Gardeners. They have many programs/projects/activities where they volunteer their time to help others. Some of their programs include:

Two youth gardening programs. One youth garden program is offered at the Buchanan County Extension office (Garden n' Grow) another is the youth gardening program at the Buchanan County Academy (BCA). Garden n' Grow starts right after the schools are out for the summer. The program is for 9-13 year olds. They meet two times a week for 10 weeks to learn how to grow vegetables and fruit in their own gardens. The BCA youth garden is for the youth at BCA. Master Gardeners assist BCA students with a vegetable and fruit garden. Excess produce is donated to 2nd Harvest Food Bank and The Crossing Outreach.

In 2019 the NW MO Master Gardeners supported a vegetable garden at the Pivotal Point housing site by supplying plants and seed and assistance with establishing the garden. Residents maintained the garden and used the produce from the garden. Future plans are to continue to support the vegetable garden and assist residents with landscaping the facility.

The Purpose Garden in honor of Erin Hook at the YMCA is a garden the NW MO Master Gardeners support and assist with and will continue to support.

Missouri Western State University and Tri-Beta Honor Society combine efforts to grow heirloom, native and other plants for an annual plant sale. They educate the public about the plants and proceeds from the sale supports both organizations community outreach efforts.

In 2019 the NW MO Master Gardeners reported a total of 2,343 education and volunteer hours donated in Buchanan County.



BUCHANAN COUNTY
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Dear Friends of the University of Missouri Extension:

We are pleased to present you with a copy of the 2019 Annual Report submitted by the Buchanan County Extension Council. This report is a brief overview of the educational programs provided by University of Missouri Extension for the citizens of Buchanan County and surrounding area. It is not intended to give the full scope of all activities taking place in the county, instead providing an outline of major programming efforts by extension specialists for Buchanan County.

The University of Missouri Extension faculty, staff and the Buchanan County Extension Council would like to thank the Buchanan County Commissioners for their continued support and funding for 2019. The faculty, staff and county council remain committed to carrying out the University of Missouri's land-grant mission – 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.

MU Extension is a partnership of the University of Missouri campuses, Lincoln University, and the people of Missouri through county extension councils, and the National Institute for Food and Agriculture of the U.S. Department of Agriculture. Using university research-based knowledge, University of Missouri Extension works with people to understand change, solve problems and make informed decisions. MU Extension also addresses a wide range of needs which fall into three grand challenges for the state of Missouri: economic opportunity, educational excellence and healthy futures.

The success and impact of University of Missouri Extension programming in Buchanan County relies on the help and support of individual volunteers, groups, organizations, businesses, local and county government officials, and the research-based information provided by the land-grant university system. We value the continuing support that you have provided to Extension as we strive to enrich people's lives. We appreciate all those who made 2019 a success in improving people's lives and we look forward to continuing this effort together in 2020. We hope this report provides a greater understanding of University of Missouri Extension's programming efforts.

Lynn Anderson, Chair
Buchanan County Extension Council

Denice Ferguson-Hector, CES
Field Specialist in Agriculture &
Environment/Community &
Economic Development

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

EQUAL OPPORTUNITY/ADA INSTITUTIONS

Educational Excellence

Cooking Matters for Kids

Fifteen children learned about nutrition, food safety and healthy cooking methods. One student declared emphatically that she “HATES vegetables.” After cooking the Veggie and Rice Stir-Fry, she cleaned up her plate and shared that “I found out I DO like vegetables – it just depends on how they are cooked!” Participants also incorporated physical activity into their time together, learning that they should be active at least 30 minutes a day.



Buchanan County 4-H



Buchanan County 4-H serves a community of 692 youth building life skills, leadership, and teamwork, contributing to their community through community service and partnerships, and becoming college and career ready. Organized clubs, school enrichment, community activities and camps were many of the ways youths learned and experienced these important skills and qualities. This year, Buchanan County 4-H hosted a Recycle/Reuse, STEAM, Robotics and Clover Kid Achievement Day Camps and partnered with Master Gardeners in the Garden n’ Grow program. The most popular 4-H school program in Buchanan County is Embryology, which included over 500 students participating in the school enrichment project.



Volunteers are the core of the 4-H program. They help to create, support and deliver educational programs and experiences. 4-H members were supported by 113 youth and adult volunteers this year. Missouri 4-H volunteers report contributing on average 100 hours per year to the program. Valuing their time at \$25.43 per hour (Independent Sector, 2019), the contribution of Buchanan County 4-H volunteers was worth more than \$287,359.00 in 2019. More importantly, these individuals serve as role models and mentors for youth.

Garden n’ Grow



Kids learned how to determine when to harvest vegetables and how to preserve excess garden produce. We calculated the value of produce by weight or by unit and discussed the value of growing your own produce versus purchasing it

at the grocery store. Sixteen youth participated.

Safety Acres

Safety Acres Day Camp is held each spring to provide youth with safety information related the agriculture industry and farm life. Even though the number of youth growing up on farms is diminishing, most youth have family or friends who live on a farm and thus they have the opportunity to be exposed to some of the hazards inherent with farm life. Using hands on learning stations, instructors provide information to help keep our youth safe. In 2019, 385 youth between 3-6 grades attended one of the two workshops held in Buchanan County.



This collaborative event is headed by the St Joseph Safety Council and MU Extension which provides instructors for 3-5 of the 9 learning stations each year. Other partners in the event include the Missouri Highway Patrol, Missouri Department of Conservation, St Joseph Fire District and Associated Electric. Major sponsors of the event include Missouri Department of Transportation, Shatto Dairy and Triumph foods.

A pre and post test is administered to the attendee to determine the level of knowledge transfer that occurs during the workshop. In 2019, there was an overall improvement of 31% between the two tests, which indicates a good level of knowledge transfer.

By teaching youth how to be safe, we not only help keep the youth safe and healthy but also help reduce medical costs and other expenses associated with the results of recovery from an accident. Keeping our youth safe and families away from economic stress helps improve the lifestyles for not only that family but helps the entire community stay viable and striving.



Focus on Kids Parenting Classes

Parenting classes for couples going through changes in custody of their children were conducted in Buchanan and Nodaway Counties. Each parent is required by the courts to attend a class to help them learn how to co-parent. This class teaches skills like communication, planning and working together, and it also teaches parents how to help their children through this difficult time. By teaching these skills, parents can help limit the negative effects that conflict can have on children.

Healthy Futures

Binational Health Fair



We worked with 16 community partners to provide educational materials, influenza vaccines, cholesterol testing, glucose testing, body mass measurements, blood pressure, SNAP application assistance, HIV/HEP C testing, a Second Harvest food drop and a variety of other activities to a multi-cultural audience. Forty-one percent (41%) of participants said this was the first time they had seen a health care provider in their current community.

Chronic Disease Self-Management

Assisted 75 adults facing various chronic diseases in developing action plans to interrupt the symptom-cycle associated with their health conditions. Participants gained tools such as mindfulness, physical activity, healthy eating, decision-making and problem-solving to take control of their health. Customer Quote: “This class helped me better understand my health and how to live a healthier life.”

Stay Strong. Stay Healthy

Ten older adults began this program and still continue to gather to improve their strength, balance and flexibility through physical activity. “I feel more steady when standing and walking.” “I am much stronger in my upper body and legs.” “Improved my balance and helped to make me want to exercise more.” “I improved in endurance and muscle tone.” “I have a better range of motion.”

Family Nutrition Program (FNP)

University of Missouri Extension’s Family Nutrition Program (FNP) reached 2,555 participants directly and 17,539 indirectly with nutrition education in Buchanan County during 2019 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.

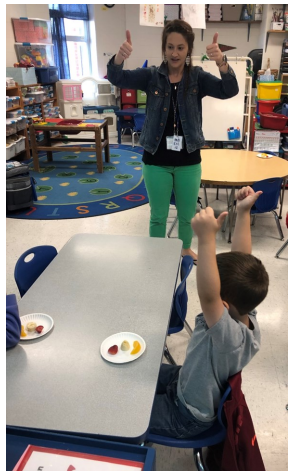
Youth from Pre-school to 8th grade learned through kid-friendly, hands-on lessons and activities. Activities include opportunities for taste-testing healthy foods and practicing skills that lead to good health. Education for adults also includes nutrition, food

safety, and physical activity, as well as food resource management.

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

The Family Nutrition Program (FNP) brought \$9,595,006.00 federal funds to the state of Missouri. These funds were used to provide nutrition education to 897,375 Supplemental Nutrition Assistance Program recipients and eligible citizens of Missouri. There were 3,283,220 educational contacts. This year we had 2,578,418 indirect educational contacts. Indirect contacts are reached through newsletters, health fairs, food pantries and the Show Me Nutrition help line. 20,094 of these participants reside in Buchanan County.

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



Matter of Balance

Eighteen participants increased assurance in their ability to find a way to get up if they were to fall, to find a way to reduce falls, to protect themselves if they were to fall, to increase their physical strength and to become steadier on their feet. Every participant agreed that they feel more comfortable talking to their healthcare provider and their family and friends about their risk of falling. They each also agreed that they feel more comfortable increasing physical activity because of this course. “I am more willing to ask for help and more aware of my surroundings.” “I have gone room to room in my house looking for fall hazards and making modifications.”