



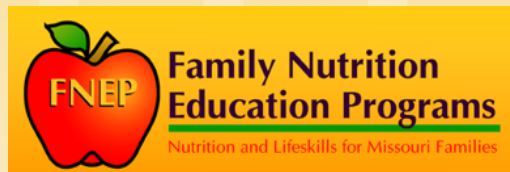
## ***What does extension mean to you?***

*Extension is a resource for the community that provides educational programs and opportunities to learn something new and gain knowledge to improve lives. Extension reaches out with information to help people get involved.*

UNIVERSITY OF MISSOURI EXTENSION

# **Carter County**

**2019 ANNUAL REPORT**



**710 Main Street  
Van Buren, Missouri 63965  
573-323-4418  
<https://extension2.missouri.edu/>**





Office of Extension  
and Engagement  
*University of Missouri*

OFFICE OF THE VICE CHANCELLOR  
FOR EXTENSION AND ENGAGEMENT

108 Whitten Hall  
Columbia, MO 65211

PHONE 573-882-2394

EMAIL [stewartmars@missouri.edu](mailto:stewartmars@missouri.edu)

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

## County Council Members



Pictured above, front row 2019 Carter County Extension Council members: Jeannette Heavin, Carol Sisler, Charlotte Johnson, Office Support Donna Reynolds, County Engagement Specialist Cammie Younger. Back row: Diana Blakemore, Alan Snider, David Baldrige, Cindy Cowin, Youth Program Assistant Diane Oesch and Extension Secretary Sue Miller. Members not shown are Linda Grubb, Theresa Kearbey, and Roger Sisler.

Charlotte Johnson resigned and was replaced by Erica DeWolf, Cammie Younger was reassigned to Shannon County. The search for a new County Engagement Specialist continues.

Chairman David Baldrige  
Vice-Chairman Jeannette Heavin  
Secretary  
Treasurer Cindy Cowin  
Members:  
Diana Blakemore  
Sherilyn Clark  
Erica DeWolf  
Linda Grubb  
Theresa Kearbey  
Carol Sisler  
Roger Sisler

**Mission: Our distinct 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.**

## County Commissioners

University of Missouri is a land-grant university, part of a federally mandated mission to carry the benefits of university research beyond campus. Federal legislation in the 1800's provided for the donation of public land to individual states. Today, through statewide offices, publications and Web-based services, extension faculty in every county of Missouri continue to carry the benefits of MU research throughout the entire state. University of Missouri Extension cooperates with Lincoln University to deliver a single, coordinated cooperative extension program. Extension clientele are youth and adults from all socioeconomic, racial and ethnic groups represented in the state.

Ron Keeney  
Lynn Murdick  
Andy Steiger

# Educational Excellence

**Boost Your Brain and Memory** - 27 contacts in County, 5 not in county

**4-H Volunteer training** for 3 new volunteers

114 Facebook posts, 11,702 views




## Grazing School

Missouri Grazing Schools have been conducted throughout the state since 1991 in an effort to teach farmers the art and science of grazing livestock. Grazing Schools are taught in cooperation between MU Extension, USDA – Natural Resource Conservation Service, and local Soil and Water Conservation Districts. The intent of the schools is to teach Missouri livestock producers management practices that will increase the profitability of their farms while improving the environmental quality of the land they manage. Topics covered in the schools include soil fertility, animal nutrition, grazing and watering system design, and various other concepts that focus on grazing management. Local Grazing Schools educated 35 students in 2019 with 17 attending the Ellsinore Grazing School and 18 attending Ellington.

### Carter County Grazing School

May 6 – 8, 2019  
Ellsinore Youth & Community Bldg Cleveland Ave, Ellsinore, MO


Help farmers better utilize their forage, improve their livestock operation, and to promote plant and soil health.



Classroom sessions and on-farm tours will be used to demonstrate the principles of designing a grazing system.

- \***EXTENDED SIGN UP DATE:** Register by April 19 (no refunds after this date)
- \*Cost: \$135 per person, \$75 per additional person with primary person
- \*Initial fee covers materials, 2 meals and snacks.
- \*Limit of 20 participants

Call or come by the Carter County SWCD for more information and to register. (3 East Cleveland, Ellsinore, MO 573-322-2333)



Joint effort between Natural Resource Conservation Service (NRCS), Carter County Soil & Water, University of Missouri Extension, Missouri Department of Conservation, "Equal opportunity Provider, Employer and Lender / ADA institutions"

# County Highlights

165...

participants in 4-H activities



4-H After School  
Greenhouse Project



The **Leader's Honor Roll** program is intended to honor outstanding University of Missouri Extension community leaders who have excelled in supporting or co-teaching named programs. Those honored for their service will have their names engraved on a plaque at the University of Missouri – Columbia campus.

Congratulations to Ryan VanWinkle

4-H project meetings 243 contacts in county

AG Day

Back to School Events—Van Buren and Ellsinore

# Economic Opportunity

## Soil Testing

Soil testing is a great way for farmers and gardeners to determine the nutrient status of their soil, and what soil amendments need to be made in order to increase crop production. The information provided from soil tests enables producers to make better management decisions and make their operations more profitable. 6. Interpretations and recommendations were made for 60 Carter County soil tests in 2019.

## PPAT

Private Pesticide Applicator Trainings educate farmers on the safe and proper handling and application of agricultural pesticides. Missouri law requires anyone who purchases and applies restricted use pesticides to attend a training session or view a training video. 4 Carter County residents received initial training or recertified their Private Pesticide Applicator license in 2019.

## Soils Workshops

Soils workshops are designed to educate producers on the many aspects of soil fertility and the importance of maintaining it. Topics covered during these workshops include how to properly take a soil test, how to interpret soils test results, liming methods and materials, different types of soil amendments, and the benefits of soil fertility. Soils workshops in 2019 were held at Carter County Eco Day, Ripley County Cattleman's Meeting, Alton School Career Day.

## Farm Visits/Consultations

One on one consultations with agricultural producers are a great way to create a lasting impact while adding a personal touch to MU Extension programming. It allows farmers to discuss their specific situation and receive recommendations based on their individual needs. These educational sessions may be conducted by phone, walk-ins, or on site farm visits. During 2019, 447 farmers were reached through farm visits, walk-ins, and phone call consultations.



# County Highlights

## Business Development

Line No	Data Elements	Value
2.	Sales Increase	\$19,223,719.00
3.	PTAC Awards	\$0.00
4.	Number of Awards	0
5.	New Businesses Starts	19
6.	Jobs Created	181
7.	Jobs Retained	277
8.	Total Capitalization	\$933,600.00
9.	Businesses turned around or failures prevented	0
10.	Acquired Assets	\$104,000.00
11.	Clients/Companies Receiving Business Counseling	124
12.	Training Event Attendees	97



State Fair Farm Family Dale and Cheryl Wright and children



**Grazing School**—2 county participants

**Youth in Agriculture**—45

**FNEP Crosswalk**—24

**Master Gardener**—4 from Carter County

**Show Me Select Heifer Sale**—one from Carter County participated

**Forage Production and Management**—3 from Carter County

# Economic Opportunity

Agriculture Business and Policy Southeast Missouri Region – David Reinbott

The Agriculture Business program is focused on providing formation on agricultural profitability to farmers, crop consultants, landowners, agricultural bankers, grain merchandisers, and those in the agricultural business field. In 2019, over 600 participants from multiple counties and surrounding states attend regional meetings on corn soybeans, cotton, and rice. At these commodity meetings and field days, I spoke on marketing outlook and strategies farmers need to know to increase profitability to double the economic impact of agriculture in Missouri by 2030.

The passage of the 2018 Farm Bill brought on additional educational opportunities. Fifty farmers and landowners attended the first of several farm bill meetings in Southeast Missouri in Sikeston on December 12. Those in attendance were from multiple counties in Southeast Missouri. The Scott County FSA CED and I gave updates on the new farm bill and I presented the economic analysis between the program choices of PLC, ARC-Co, and ARC- IC.

Additional educational programming included a weekly crop market update that went out to over 800 individuals through email and was posted on my Southeast Missouri web page. The 2019 crop budgets for Southeast Missouri were used by farmers, crop consultants, landowners, agricultural bankers, and lawyers in the Southeast Missouri multiple county region. The crop budgets are used for cash flow planning, economic analysis, farm rental analysis, and marketing plans.





## 4-H in Carter County

2019

A community of 165 total 4-H youth building life skills, contributing to their community and becoming college and career ready.

Findings from a 2019 evaluation study reveals that Missouri 4-H:

### ***Develops Leadership***

70% of the Missouri 4-H'ers surveyed said they are comfortable speaking up in a group.

79% reported feeling comfortable being a leader.

90% said they look for ways to involve all members of a group.

83% said they stop to think about their choices when making a decision.

84% said they help others reach their goals.

### ***Builds Initiative***

89% of Missouri 4-H'ers surveyed said they are willing to try something they might get wrong.

90% said they keep trying until they reach their goals.

93% said they try to learn from their mistakes.

95% said they are willing to work hard on something difficult.

96% reported that they like to learn new things.

### ***Builds Connections for a Bright Future***

91% said they like to learn about people who are different from them, and get along.

90% said they think about others feelings before they say something.

96% 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 2019 Missouri 4-H connected more than 4,628 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 Carter County youth participating in 4-H events on a college campus receive a Bachelor's degree, 4-H would help young people acquire \$49,000,000 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).



# County Highlights

University of Missouri Extension's Family Nutrition Program (FNEP) reached 25 participants in Carter County during 2019. Of that number, 25 were indirect nutrition education contacts. A significant percentage of these participants were low income. FNEP provides information on nutrition, food safety, gardening, and physical activity for lifelong health and fitness by working with qualifying schools, community groups and agencies.

There were 19 collective workshop hours. Youth from Pre-school to 12th 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 included nutrition, food safety, and physical activity, as well as food resource management.

Nutrition Program Associates (NPA's) teach in schools and other grant eligible locations in the county to help them make healthier choices and build healthy habits. Also, through indirect teaching as well as health fairs or other one time workshops, they impact many people that they are unable to actually see in a classroom setting.

The Family Nutrition Program (FNEP) 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. Twenty-five of these participants reside in Carter 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.



# Healthy Futures

## Grand families

Nationally and locally we have seen a rise in families raising children out of their nuclear family units. Many times these families are grandparents, aunts, uncles, or a close friend. Every year Butler County hosts an annual conference “A Family Get Together” to educate these families with the local resources in the area. Through a partnership with Aging Matters and FosterAdopt Connect, many families walked away with new information and a sense of hope, 27 people attended the conference from Butler and the surrounding counties such as Madison, Iron, and Carter.

*“I thought it was a very informative conference, a very nice number of vendors with lots of information. Thank you for all you did.”*



## Boost Your Brain and Memory

The class uses a whole-person approach that helps you form new habits to live a healthier lifestyle, remember things better, be more organized, pay closer attention and regulate your emotions. Each participant will receive a workbook including memory exercises, tips on nutrition and exercise, and summaries of evidence-based research on brain health. Our aim is to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory.

*“This program really clarifies all the articles I have been reading”*

*“This was worth my time, I really enjoyed the class”*

*One stated that they had already received the value of the class during the first session*

# County Highlights

**Youth Mental Health First Aid (YMHFA)** is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge.

This 8-hour course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, ADD/ADHD, disruptive behavior disorders, and substance abuse disorder. Carter County had 10 participants in 2019.



The Climate Reality Leadership Corps is a global network of over 20,000 messengers in 154 countries trained to talk about the impact of climate change and what we can do to support the shift to clean, renewable energy. Climate Reality Leaders give free and engaging presentations to audiences of all types, so people everywhere can join us in working for solutions. Climate change is already affecting ecosystems and communities across the globe, but it's not too late to take action – and Climate Reality Leaders can show you how. At a Climate Reality Leader presentation, you'll learn about the local and global effects, as well as what you and your group can do to help create a better future for the planet. **The global warming workshop** had 17 participants.

**Carter County Extension Faculty and Staff**

- Stephanie Milner**..Interim County Engagement Specialist
- Diane Oesch** ..... 4-H Youth Program Associate
- Sue Miller**..... Secretary
- Donna Reynolds** .....Support Staff

**Other Faculty serving Carter County**

- Jamie Gundel**..... Agronomy Specialist
- John Fuller**.....Human Development
- Sarah Havens**.....Forestry Specialist

2019 Carter County Appropriations Budget	
<b>Income</b>	
County Appropriations	14,400
<b>Total Income</b>	<b>\$14,400</b>
<b>Expenses</b>	
Salaries/Wages/Benefits	9,134
Travel	500
Communications	1,600
Office Supplies	100
Equipment and Repairs	
Misc. Council Expenses	100
Utilities	2,300
Rent	4,800
Insurance	270
<b>Total Expenses</b>	<b>\$18,804</b>

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

**Local Support ...**

*Did you know you can donate directly to Carter 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 Gardener’s.*