















**Barton County** 

# **ALL THINGS** MISSOURI

UNIVERSITY OF MISSOURI EXTENSION

**2018 ANNUAL REPORT** 

# **Barton County Extension Center**

Mail: 801 E. 12th Lamar, MO 64759

**Phone:** 417-682-3579

Email: bartonco@missouri.edu

Website: www.extension.missouri.edu/Barton

## Office is Located in:

Wolf Center 801 E. 12th Lamar, MO 64759

## Office Hours:

Monday - Friday, 8 a.m. - 4:30 p.m.



Follow us at: Barton County Extension



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## OFFICE OF THE VICE CHANCELLOR FOR EXTENSION AND ENGAGEMENT

108 Whitten Hall University Of Missouri Columbia, MO 65211

PHONE: (573) 882-2394

EMAIL: email@missouri.edu WEB: extension.missouri.edu

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 University 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



#### **Barton County Extension**

801 E 12th Lamar, MO 64759

PHONE 417-682-3579

E-MAIL bartonco@missouri.edu WEBSITE extension.missouri.edu/barton

January 15, 2019

Dear Barton County Commission and Community,

University of Missouri Extension provides research-based information and education to improve Missourians health, economy, and education. This annual report provides an overview the programs and progress MU Extension has provided in the county during 2018.

The citizens of Barton County have the opportunity for lifelong education and timely, reliable information for better decision making through the programs and information provided by their county Extension office. With this information and their own initiative, the people of the county are able to grow and prosper as individuals, families, and community members.

MU Extension in Barton County has encouraged innovation and growth through five major program areas. Access to relevant research-based information is critical in today's environment, where information abounds, but accuracy and rigor may not. During classes and programs offered throughout 2018, participants learned more about current agronomy and horticulture practices; healthy lifestyle behavior changes, nutrition, the importance of exercise; community planning and development, and leadership and youth development.

This year we celebrate 100 years of MU Extension in Barton County. Through partnerships and collaboration, Extension leverages the reach of programming efforts. Whether working in collaboration with local farmers, primary and secondary schools, Barton County Health Department or the Chamber of Commerce, relevant information and programs reach wide audiences in the county. Continuing to build on these and other partnerships maintains the reputation for innovation and leadership that MU Extension in Barton County has provided for citizens and stakeholders over the years.

The University of Missouri Extension Council and local faculty and staff thank the Barton County Commission for the support and funding of education programs. The council remains committed to providing information and programming to help Barton county citizens grow as individuals and as a community through the local University of Missouri Extension in Barton County office.

Submitted by:

Lee Howard Council Chairman Kathy Pace Council Secretary Lindsey Stevenson County Engagement Specialist



Every Missouri county has an Extension Council comprised of elected and appointed citizens who guide local educational programming.

# Extension Council members...

- Work with regional faculty to determine educational programs for the county.
- Manage finances of local extension operations.
- Provide personnel to carry out Extension activities.
- Elect and organize the local Extension Council.

Council members are partners in the educational process, from needs assessment through program implementation and evaluation of outcomes.

## **2018 Council Members**

Lee Howard - Chair Gerry Garrett - Vice Chair Joyce Moser - Treasurer Kathy Pace - Secretary

Paul Crabtree
Kristen Huke
Cinda Miller
Bradley Morgan
Carlee Phipps
Amanda Robertson
Caleb Robertson
Hailey Rook
Belinda Shoff
Sondra Smith
Jim Stettler
Dennis Wilson

Jason Frieden - MFA Representative
Chad McCulloch - Farm Bureau Representative
Ben Reed - County Commission Representative
Russ Worsley - City of Lamar Representative

**Theo Crabtree -** Youth Representative **Matthew Morgan -** Youth Representative

## **County Commissioners**

Mike Davis, Presiding Commissioner Ben Reed, District I Commissioner Jeff Tucker, District II Commissioner

Thank you for your continued support!



Missouri Legislators

Ed Emery, State Senator

Mike Kelley, State Representative

# Barton County Faculty & Staff Members

### **Lindsey Stevenson**

CES in Nutrition and Health

#### Jill Scheidt

Agronomist

#### **Elaine Davis**

Youth Program Associate

#### **Theresa Dalby**

Nutrition Program Associate

## Jackie Speights

Secretary

# State, Federal & County Funding for Extension Councils

University of Missouri Extension Programs in Barton County are funded by Barton County, state and federal appropriations. Local funding for support of the Barton County Extension Center is provided by the Barton County Commission. They provide funds for office expenses, clerical salaries and travel expenses of extension specialists who conduct educational programs in Barton County. A special acknowledgement and appreciation is given to the Barton County Commission for financial assistance.

# MU Extension Barton County 2018 Financial Statement

Student Fees		Jan - Dec 18
County Appropriations         70,879.15           Investment Income         118.45           Gift/Grants/Contracts         5,130.00           Resales/Educ Services Fees         6,413.49           Miscellaneous Income         1,174.18           University Program Funds         185.25           Total Income         91,610.52           Gross Profit         91,610.52           Expense         2,146.86           Non Payroll Salaries         18,661.77           Travel         3,865.32           Postage         2,185.44           Telephone Serv - Local         2,375.72           Advertising         539.40           Rent/Lease Space         3,650.00           Supplies/Services         13,081.20           Training         133.40           Professional Services         69.59           Utilities         5,311.39           Insurance         1,551.06           Miscellaneous         1,798.88           Extension Annual Meeting         804.14           Soil Test Expenses         1,107.50           Publications for Resale         620.10           Repairs/Maintenance         1,786.69           Furniture/Equipment         2,395.60	<u>Income</u>	
Investment Income	Student Fees	7,710.00
Gift/Grants/Contracts         5,130.00           Resales/Educ Services Fees         6,413.49           Miscellaneous Income         1,174.18           University Program Funds         185.25           Total Income         91,610.52           Gross Profit         91,610.52           Expense         91,610.52           Persnnl Serv - Salaries & Wag         18,185.21           Payroll Expenses         2,146.86           Non Payroll Salaries         18,661.77           Travel         3,865.32           Postage         2,185.44           Telephone Serv - Local         2,375.72           Advertising         539.40           Rent/Lease Space         3,650.00           Supplies/Services         13,081.20           Training         133.40           Professional Services         69.59           Utilities         5,311.39           Insurance         1,551.06           Miscellaneous         1,798.88           Extension Annual Meeting         804.14           Soil Test Expenses         1,107.50           Publications for Resale         620.10           Repairs/Maintenance         1,786.69           Furniture/Equipment         2,395.60	County Appropriations	70,879.15
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Miscellaneous Income         1,174.18           University Program Funds         185.25           Total Income         91,610.52           Gross Profit         91,610.52           Expense         91,610.52           Expense         18,185.21           Payroll Serv - Salaries & Wag         18,185.21           Payroll Expenses         2,146.86           Non Payroll Salaries         18,661.77           Travel         3,865.32           Postage         2,185.44           Telephone Serv - Local         2,375.72           Advertising         539.40           Rent/Lease Space         3,650.00           Supplies/Services         13,081.20           Training         133.40           Professional Services         69.59           Utilities         5,311.39           Insurance         1,551.06           Miscellaneous         1,798.88           Extension Annual Meeting         804.14           Soil Test Expenses         1,107.50           Publications for Resale         620.10           Repairs/Maintenance         1,786.69           Furniture/Equipment         2,395.60           Fee Generation Distribution         634.66 <th>Gift/Grants/Contracts</th> <th>5,130.00</th>	Gift/Grants/Contracts	5,130.00
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Miscellaneous         1,798.88           Extension Annual Meeting         804.14           Soil Test Expenses         1,107.50           Publications for Resale         620.10           Repairs/Maintenance         1,786.69           Furniture/Equipment         2,395.60           Fee Generation Distribution         634.66           Capital Repairs/Improvements         3,815.27           Total Expense         84,719.20	Utilities	5,311.39
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Capital Repairs/Improvements         3,815.27           Total Expense         84,719.20	Furniture/Equipment	2,395.60
Total Expense 84,719.20	Fee Generation Distribution	634.66
•	Capital Repairs/Improvements	3,815.27
Net Income 6,891.32	Total Expense	84,719.20
	Net Income	6,891.32



# 4-H Making The Best Better

BARTON COUNTY 4-H YOUTH DEVELOPMENT 1934- 2018







Barton County 4-H envisions a program in which youth and adults learn, grow and work together for positive change through project work and community service.

4-H youth are achieving life skills that are incomparable to others.

"Making The Best Better" through "Learning By Doing "

Barton County 4-H Youth Development engaged 164 youth in traditional 4-H club units and 484 special interest groups, programming at Lamar Head Start, and Lamar High School. The traditional 4-H club experience offers essential life skills including leadership, horsemanship, shooting sports and community service to 4-H members under the direction of 159 youth and adult volunteers. 4-H members gain knowledge and skills by attending monthly meetings, completing project work, from over 50 wide-ranging project areas and special club activities.

**4-H Personal Development** offers all members the opportunity to learn and experience personal growth through interactive activities, real life experiences, and communication groups. 4-H events include Barton County Achievement Day, and Livestock Judging Day, 4-H Clover Kid camp SW 4-H member camps, and SW Regional Achievement Day. "4-H Learning by Doing" process offers youth the ability to learn and use practical life skills as they to grow through personal development

**4-H Project Excellence** awarded during 59th Annual 4-H Recognition Banquet with presentation of 86 4-H Members submitting Mo.4-H Project Report forms. 4-H County, State, Regional and National levels of Excellence were reached by 173 4-H youth from Barton County. All 4-H clubs met their goals of achievement through project exhibition. The 2018 exhibition of 4-H project work included 20 exhibits to the Missouri State Fair, 115 items entered at Ozark Empire Fair and 151 small exhibits at the Lamar Free Fair.

**4-H Leadership and Community Service** - Barton County 4-H Clubs have gained valuable leadership and life skills donating 510 hours of service through youth / adult community partnerships. These organizations include Missouri Community Betterment, Tools For Schools, Barton County Health Department ,American Red Cross – Bloodmobile Donations, MODOT Adopt-A-Highway, Salvation Army Bell ringing , Good Samaritan Food Pantry, Moss House, Barton County Chamber of Commerce, 10th Street Famers Market, as well as other individual club projects.



# 4-H Program Expansion

## Take A Spin With 4-H

The 4-H spin clubs are a new addition in Missouri 4-H Youth development Program . 4-H SPIN clubs allow youth ages 5 to 18 with common interests or hobbies to meet as a club, share, and learn more about their special interest.

Barton County 4-H recently hosted a 4-H Spin Club event at the Liberal Fall Festival in Liberal, MO. 4-H youth from the area displayed project information , shared 4-H project and working demonstrations and presented public speaking projects.

The Barton County 4-H program will be Celebrating 4-H Week by hosted 4-H Spin club sessions at the Happy and Mary Curless Library in Liberal, MO. Area youth are invited to come every Tuesday from 3:30pm-5:00pm through the month of October .

**Session 1**– Youth took a spin with 4-H learning about entomology, identifying insect and creating there own insect.

**Session 2-** Youth explored the area of gardening, learning about vegetables, various types of gardening, . Youth explored with a science project on parts of the seed and seed germination, closing the day with decorating pumpkins from fall harvest.

**Session 3**- Youth explored the world of fruits and vegetables, learning about many varieties and how they energize the body for growth and activity. Youth were very excited when the library director shared an example of how one fruit seed is now becoming a fruit tree. The program concluded with apple snacks and information on how foods are packaged for use, with examples of fresh, dehydrated, canned or frozen.

**Session 4-** The youth learning more about horses and were super excited to meet there guest speaker Phoebe a 2 week old donkey from Liberal Donkey Rescue Farm. They learned more about horses and donkey that are rescued there and shared a community service project of horse treats for the 96 donkeys and 14 horse that live there. The library also donated two books to each youth that attended from overstocked shelves

**Session 5-** Youth were treated to a special guest Lamar Animal Control Officer Sandy. She shared the about her job at the Lamar Animal Shelter, and most of all being a responsible dog owner. Highlighting the importance of vaccinations, proper identification and nutritional and housing needs, The youth donated two large bags of dog and cat food to be used at the shelter.



**Youth Volunteers** 



4-H Project Work



**Makinig New Friends** 





# 4-H Leadership & Community Service

# 2018 Missouri Community Betterment Youth Group Award 1st place

The 4-H Barton County 4-H Youth projects, Helping Hands project at Truman Birthplace, Lamar Mo, an YCLS and MCB Community Service Project. Youth cleaned flower beds on the site, planted flowers, designed a butterfly garden and planted at Liberty Tree that was dedicated during Truman Days.

Barton County 4-H Youth, created a youth /adult partnership with Lamar FFA and, Lamar Saddle Club members, working together on a summer service project updating the Lamar Saddle Club Grounds. The project included making improvements on the bleachers, replacing broken boards, painting the bleachers, adding safety rails where needed and work on cook shack.

The Lamar Square swelled with excitement Oct 31 as Barton County 4-H teen leaders welcomed over 75 youth to the Halloween Hullabaloo Costume Contest. Youth ages 0-18 began arriving at 4:30 dressed as a favorite storybook character, super hero, Halloween character, and other ideas that were creative and very exciting. The teen Leaders organized the groups in age categories having a fun time getting everyone to parade at the bandstand as the judging process brought winners and treat bags for all the participants. The pumpkin decorating contest at 5:00pm was also a hit with painted and carved pumpkins to decorate the bandstand.

The Barton County 4-H Teen Leaders organizing the "Hats, Gloves and Scarves project for the Lamar Good Samaritan Christmas Project. Barton County 4-H Teen Leaders and Lamar School students from East Primary, West Elementary, and Lamar Middle School along with Liberal students collaborated to collect hats, gloves, and scarves to be given to their peers as the winter months are upon us. The response was overwhelming as they counted 354 Hats, 484 gloves, 39 scarves, 14 pair of socks and 3 coats. The items were distributed as the Good Samaritan provided Christmas baskets serving 700+ families in Barton County.

The 4-H Clover pledges its members to service with Head, Heart, Hands and Health to the community.









# **Agriculture**

## **Soils and Crops Conference**

The Barton County Soils and Crops Conference provides relevant information to farm producers of upcoming concerns in row crops grown in Barton County. Extension specialists deliver the latest research based information related to the current environment surrounding their operation. Forty-nine producers attended the 2018 conference.

2018 Topics: Calculating Cost of Production; Tools for Testing N Deficiency; Are Fungicides Worth It?; Strategizing Your Grain Marketing Plan; Synthetic Auxin Herbicide Training Update





## Farm Family Appreciation Luncheon

In 2018, Barton County hosted a unique event designed to include everyone in farm operation. Trent Loos, author or Loos Tales and many other columns and 19 radio shows, spoke on "ag advocation". Local CPA, Rick Williams, provided upcoming tax tips and Lindsey Stevenson, University of Missouri Extension, gave advice on quick, mobile meals. This free event



had 175 participants, 73 of those were youth and FFA members.

The Farm Family Appreciation Luncheon offered producers a chance to see a "big name" speaker in their hometown for free and learn important tips on how to advocate for ag, prepare for taxes and make meals for the family.

## **Crop Scouting Program**

The Crop Scouting Program informs producers of pest threats during the growing season. A weekly, 2-minute recording is sent out containing research based information on: environmental issues, nutrient deficiencies, pest threshold level, pest description, damage description and pest control. Client fields are physically scouted weekly and the report is based on those observations. How-to-scout-videos are made and posted to aid pro-

ducers in proper scouting techniques. In 2018, 62 producers participated.

# Crop Scouting Program Participants Respond...

"The program keeps me aware of pests and diseases in the area."

"The info is valuable as to what's affecting the surrounding area. Such as Armyworms."



# **Agriculture**

## **Drought Survival Meetings**

The Drought Survival Meetings were created to address a special need during the drought of 2018. This regional event was held in Mt. Vernon and Springfield, as well as broadcasted via Facebook Live. The in-person meetings hosted 300 producers, while social media reached over 10,000 viewers. Presentations on livestock nutrition, forage options, nitrate and prussic acid and economics were presented.





#### **Producers Quoted:**

"This is desperately needed, thank you"

"Exactly the type of program we need. Thanks to Extension for pulling people together for this program"
"Thank you for posting videos. I was unable to attend but learned by watching the videos"





Regional Grazing Schools are organized around Missouri to teach producers the basics and plant and economic benefits of rotational grazing. Local operations that utilize rotational grazing are toured and hands on allocation exercises are practiced. In 2018, 35 producers attended the Lamar school.



## **Barton County Wheat Tour**

The Barton County Wheat Tour is an annual program that allows producers to have a first-hand look at current University of Missouri wheat variety trial plots. In 2018, producers learned about seed treatments and disease solutions; 37 producers attended the Barton County Wheat Tour.

Farmers enjoy a first-hand look at University of Missouri wheat variety trial plots.



# **Agriculture**

## **Private Pesticide Applicator Training**

The Private Pesticide Applicator Training involves the initial training and recertification of Missouri's private pesticide applicators (ag producers). The need for training in the application of pesticides is of high importance due to both the legal requirements and a real need for technical knowledge. The University of Missouri private pesticide applicator program reaches into essentially each of Missouri's one hundred fourteen counties to train farmers on the safe and proper use of agricultural pesticides on their farmlands, including restricted-use pesticides.



Producers receive training for license.



Soil testing is a vital part of obtaining a desired crop yield.

## **Soil Testing**

University of Missouri offers soil tests to be sent through the county offices to the soil testing lab in Columbia. These soil tests allow producers to make appropriate additions to the soil in order to obtain a desired yield. With each test, producers get a detailed report on pH levels, available phosphorus, potassium, calcium and magnesium; organic matter; acidity and cation exchange. These basic tests provide the necessary data to develop nitrogen, phosphorus and potash and ag lime recommendations for intended crops and intended yields.

76 Soil Tests were submitted.

## **Soybean Scouting Workshop and MU Strip Trials**

In 2018, University of Missouri Extension Crop Disease State Specialist, Kaitlyn Bissonnette held a Soybean Scouting Workshop to teach producers how to scout for diseases and decisions on treatment. This program was held in partnership to promote the MU Strip Trials. The MU Strip Trials are on-farm research conducted with the aid of local farmers; in 2018, Barton County supplied 4 on-farm research sites for soybean fungicide and soybean cyst nematode treatments.





# **Nutrition and Health**



## **Summer Lovin' Health Challenge**

The Summer Lovin' Health Challenge is a free, annual, healthy living challenge in Barton County. It's a collaboration between the county health department and MU Extension, which aims to motivate participants to make sustainable lifestyle changes so that the healthy choice becomes the easy choice through accountability, support, and education.

The challenge was created in response to low scores in health factors and outcomes. In all categories except for physical environment, Barton County ranked among the bottom half in the state. Adult obesity was higher, and active leisure time was lower in the county compared to the rest of the state. These were measures we felt we could have an impact on.

This year was the third annual challenge. In response to feedback from surveys after year two, we made some significant changes to the challenge. First, we learned we had several negative self-talkers. They didn't have much faith in their ability to make healthy changes and lose weight. Each week several participants would step on the scale and say, "Oh this is gonna be bad!" or "I already know what it means to eat healthy and why it's important. I just don't do it." Therefore, in year three, we started the challenge with topics like action planning and motivation, and the weekly check-ins became more about accountability and support rather than stepping on a scale.

The second significant change was the creation of a blog. We received an overwhelming amount of feedback that participants wanted fewer handouts. In re-



sponse, I created a free blog using wix.com to deliver weekly topics. I've continued to post to this blog months after the challenge has ended as a way to continue to engage and encourage healthy lifestyle changes.

In our third year, we started the program with 100 participants. At the end of 12-weeks, 51 participants had lost a total of 210 pounds.

"I have definitely gotten myself in better shape. We go on a bike ride over Memorial Day weekend every year. I haven't been able to finish the 30-mile ride, but I plan to this year! On May 5th, I ran a 5K at Truman Days. I was able to run the entire thing, and finished with a time of 30:30, just 2 seconds behind the overall female runner (who is in her 20's by the way!). It felt good to be able to do that! Thank you so much for offering this program to us! It truly has made a difference for me!"

UPDATE: "I was sore and tired, but I made it the entire way! There is a giant hill/bridge at the very end, over the Missouri River, and I rode that all the way up to finish without walking my bike! Huge accomplishment for me!"

#### **3 YEAR RESULTS:**

In three years of the annual Summer Lovin' Health Challenge, we've expanded from 6-weeks, 30 participants and one check-in site (the health department) to 12-weeks, 100 participants, and four check-in sites (the health department, Lamar schools, Liberal schools, and Cox Hospital). A total of 213 residents have started the challenge and 128 have finished. Of those that finished, participants lost 428 pounds in 30-weeks.

# **Nutrition and Health**



#### **Statewide Impact**

Stay Strong, Stay Healthy – Level 1 is an 8 week strength training program for middle-aged and older adults. The program is designed to increase aging adults' access to a safe, structured, and effective strength training program. At each class a prescribed set of 8 upper and lower-body strengthening exercises are done along with a warm-up and cool down. Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to health.

"This program has helped me with socialization, walking more often, and I've learned some exercises."

#### **Local Impact**

In Barton County, there were 108 direct contacts in the Stay Strong, Stay Healthy program. Of first time participants:

- 6 of 6 improved or stayed the same in the Chair Stand Test, which assesses lower-body strength and endurance needed for activities such as climbing stairs; walking, and getting up from a seated position
- 5 of 6 improved or stayed the same in the Chair Sit-and-Reach Test, which assesses lower-body flexibility important in joint pain control and needed for activities such as putting on socks and shoes, dressing and using stairs
- 6 of 6 improved or stayed the same in the Back Scratch Test which assesses upper-body and shoulder flexibility needed for activities such as combing hair, dressing and reaching
- 4 of 6 improved or stayed the same in the 8-Foot Up-&-Go Test which assesses the agility and balance needed for activities such as standing quickly from a seated position and walking
- 5 of 6 improved or stayed the same in the Balance Assessments which indicates reduced risk of falling and continued independent living

After Participating in Stay Strong, Stay Healthy

 3 of 4 first time participants rated their knowledge skills and understanding of strength training exercise as "Adequate" or "Extremely Adequate"

"This program has improved my personal life. I have more energy."

# **Family Nutrition Education**

The Family Nutrition Program (FNP) brought \$9,449,699.00 in 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. 4,996 of these participants reside in Barton 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.

During 2018, 551 youth and 4,445 adults were served through schools, community groups and agencies. The following is a list of the locations where participants were served in Barton County:

Schools	Agencies
Golden City Elementary	Good Samaritan Shop
Liberal Elementary & Middle Schools	Barton County Region-X Area Agency on Aging
Lamar Head Start	Barton County Food Stamp Office
Golden City Head Start	Tenth St. Community Farmer's Market
Lamar East Primary	Barton Co. Health Dept. (Wise Woman)

In summary, it has been a successful year in Barton County for FNP. We look forward in 2019 to more programming opportunities and continued progress in helping to improve the lives of Missouri families.



## **Success Story**

In addition to the numbers, Nutrition Program Associate, Theresa Dalby, shared this success story demonstrating local impact:

While programming in my local food pantry, I used the Think Your Drink display. One of the workers of the food pantry came to my table and said, "This is such good information. My husband would drink so much soda popeach day. I showed him how much sugar is in that bottle, and now he no longer drinks soda pop. We no longer have it in our house." A customer was walking past at that point, she stopped and said, "I've cut out soda, too. I had no idea how much sugar was in those drinks." They then told me how they liked the information I was providing and how it was making a difference in the way they choose the foods they eat. It's good to know that people are taking our information to heart and making positive changes in their dietary habits

# **Master Gardeners**

## **Helping Others Learn to Grow**

Volunteer Hours: 120.25 Educational Hours: 18.5 Contacts: 312

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

Volunteer and educational hours consist of performing volunteer work on Master Gardener projects and other activities; and attending, hosting and teaching classes related to the Master Gardener Program.















## 2018 Activities

In the 2018, Master Gardeners encouraged the public to attend their monthly meetings to hear gardening topics: Tammy Wilson with Wilson Greenhouse, Karen and Jerry Crockett, Willis and Billy Strong, Ed Cook and Judy Gastel were among the presenters. Monthly garden tips were written and submitted to the Lamar Democrat newspaper for publication. The annual plant sale in May was a big success. The Master Gardeners created and displayed a presentation board on wildflowers at the Lamar Free Fair.







## **Volunteer Projects**

In 2018, The Master Gardeners of Barton County continued 3 volunteer projects: maintaining gardens at the Lamar Senior Center, Master Gardener Demonstration Garden at the Lamar City Park and Yard of the Month. Yard of the Month photos and articles were posted in the local newspaper and Facebook page.



Master Gardeners of Barton County, MO



Master Gardeners cleaning flower beds at the Senior Center

# **Business Development**

During fiscal year 2018, the MU Extension Business Development Program (BDP) served a Barton County clients/companies with business start-up and management counseling, training, and other assistance. Entrepreneurs and business owners in Barton County reported the following economic impact and activity resulting from services provided by MU Extension BDP:

BDP Event	# attending
Individual Client/Company Business Counseling	7
Trainings	20





# MU Continuing Education

#### **Continuing Education Units**

MU Extension partners with several of the University's schools and colleges to deliver noncredit continuing education courses, programs and training in a variety of professional trades that contribute to the success of public-sector organizations and private industries throughout Missouri and the nation. Many professional development noncredit courses award continuing education units. A number of professions require CEUs as proof of staying up-to-date in their subject matter. During FY2018, thirty-nine participants were from Barton County.

#### Fire and Rescue Training Institute (MU FRTI)

MU FRTI is charged with providing comprehensive continuing professional education and training to Missouri's fire service and emergency response personnel. The institute has a direct impact on the well-being and protection of Missouri's 29,000 firefighters and the 6 million people they serve. Courses prepare firefighters for medical emergencies, hazardous materials response and disaster preparedness and mitigation, as well as fires. In FY2018, 21 enrollments came from Barton County. For more information, visit mufrti.org

#### MTI

The Missouri Training Institute provides continuing education programs in business, custom designed training programs, and consulting services for business and industry, public and nonprofit organizations, and educational institutions. Training programs cover human resource management, supervision, management, leadership, team building, effective decision-making, dealing with generational differences and business writing. The institute's consulting services cover human resources, strategic planning, board development and board retreats. In FY 2018, 1 enrollment came from Barton County. For more information, visit mti.missouri.edu.

#### MUCO

The MU Conference Office for FY2018 registered 8 participants from Barton County to attendMU Conference events. The MU Conference Office provides high-quality, professional, full-service meeting management for a variety of noncredit educational programs, such as conferences, workshops, seminars and symposia. For more information, visit muconf.missouri.edu.

#### **MU Nursing Outreach**

Keeping Missouri nurses up-to-date with the knowledge and skills they need to effectively provide care and fully participate in the state's health care efforts is a primary goal for Nursing Outreach. In FY 2018 Nursing Outreach, 9 health care professionals from Barton County participated in a nursing outreach program. Nursing Outreach serves a predominantly rural health care audience with high-quality, affordable continuing education programs using face-to-face, Web-based and online delivery methods.

# **MU Extension Staff Serving Barton County**



Robert Balek
FIELD SPECIALIST IN HORTICULTURE
Phone: 417-358-2158 Fax: 417-358-2159
Email: balekr@missouri.edu



Jeff Barber, LEED AP architect
FIELD SPECIALIST IN HOUSING EDUCATION
Phone: 417-881-8909 Fax: 417-823-4818
Email: barberj@missouri.edu



Reagan Bluel FIELD SPECIALIST IN DAIRY Phone: 417-847-3161 Fax: 417-847-3162 Email: BluelRJ@missouri.edu



Alyssa Brown
BUSINESS DEVELOPMENT
Phone: 417-625-9353 Fax: 417-625-9782
Email: abvhx@missouri.edu



David L. Burton
COUNTY ENGAGEMENT SPECIALIST IN
COMMUNITY ECONOMIC DEVELOPMENT
Phone: 417-881-8909 Fax: 417-823-4818
Email: burtond@missouri.edu



Patrick Davis
FIELD SPECIALIST IN LIVESTOCK
Phone: 417-276-3313 Fax: 417-276-8345
Email: DavisMP@missouri.edu



Theresa Fossett
REGIONAL COORD. FNP.
SW REGION & CPD DOUGLAS COUNTY
Phone: 417-886-2059 Fax: 417-886-2257
Email: fossettt@missouri.edu



Sarah Havens
FIELD SPECIALIST IN NATURAL RESOURCES
Phone: 573-458-6260 Fax: 573-458-6264
Email: havenss@missouri.edu



Robert L. McNary
COUNTY ENGAGEMENT SPECIALIST IN
4-H YOUTH DEVELOPMENT
Phone: 417-637-2112 Fax: 417-637-2112
Email: mcnaryrl@missouri.edu



Elizabeth Picking
FIELD SPECIALIST IN LIVESTOCK
Phone: 417-256-2391 Fax: 573-884-5787
Email: pickinge@missouri.edu



Abi Rogers
BUSINESS DEVELOPMENT
Phone: 417-625-3128 Fax: 417-625-9782
Email: arn5g@missouri.edu



Kyleigh Sullivan
FIELD SPECIALIST IN HUMAN DEVELOPMENT
Phone: 816-380-8460 Fax: 816-380-8465
Email: sullivankd@missouri.edu



Ken Surbrugg BUSINESS DEVELOPMENT Phone: 417-625-9557 Fax: 417-625-9782 Email: surbrugg-k@mssu.edu



Allen Waldo
PTAC SPECIALIST,
EXT. BUSINESS DEVELOPMENT PROGRAM
Phone: 417-837-2612 Fax: 417-837-2614
Email: waldoai@missouri.edu

# **MU Extension Staff Serving Barton County**



Patrick Davis
FIELD SPECIALIST IN LIVESTOCK
Phone: 417-276-3313 Fax: 417-276-8345
Email: DavisMP@missouri.edu

# 2018 Livestock Events

During 2018 I was involved in 3 programs in Barton County which were

- Regional Grazing School
- Strategies and Economics of Feeding Cattle Through The Winter
- Alfalfa 101: Establish a Stand, Starting Production, Harvesting, Feeding and Economics

If requested, I have a document of the webapps report on each program. Jill Scheidt oversaw the Grazing School, contact her with those questions. For the other programs, please contact me.

Other activities that I have been involved in Barton County include two <u>Missouri Show Me Select Replacement Heifer Program</u> participants. Here is the breakdown of the number of heifers they sold by sale during 2018:

#### May Sale

Mast Farms sold 6 heifers that averaged \$1792

#### **November Sale**

Mast Farms sold 13 heifers that averaged \$1485 Weber Cattle sold 9 heifers that averaged \$1489



# **Food Safety Training Course**



Patrick Byers
FIELD SPECIALIST IN HORTICULTURE
Phone: 417-859-2044 Fax: 417-468-2086
Email: byerspl@missouri.edu

Barton County
Patrick Byers, Commercial Horticulture Field Specialist
2018 Horticulture Programming

#### FSMA PSA training, Lamar (10.29.18)

A team of MU and LU Extension produce food safety specialists offered the Food Safety Modernization Act Produce Safety Alliance training course, which is one way to satisfy the FSMA Produce Safety Rule requirement outlined in § 112.22(c) that requires 'At least one supervisor or responsible party for your farm must have



successfully completed food safety training at least equivalent to that received under standardized curriculum recognized as adequate by the Food and Drug Administration.' The training course targets fruit and vegetable growers and others interested in learning about produce safety, the Food Safety Modernization Act (FSMA) Produce Safety Rule, Good Agricultural Practices (GAPs), and co-management of natural resources and food safety. The training course included modules on Introduction to Produce Safety; Worker Health, Hygiene, and Training; Soil Amendments of animal Origin; Wildlife, Domesticated Animals, and Land Use; Agricultural Water Part 1: Production Water; Agricultural Water Part 2: Postharvest Water; Postharvest Handling and Sanitation; and How to Develop a Farm Food Safety Plan. Instructors included lead trainer Patrick Byers and trainers Mary Sebade and Robert Balek. Nineteen participants attended the training.

## **MU Extension Staff Serving Barton County**

# **Human Development & Family Science**

### ALLOW ME TO INTRODUCE MYSELF

#### Hi there!

My name is Kyleigh Sullivan and I am the Human Development and Family Science Specialist serving Barton County. I am based out of Cass County and serve a total of ten counties within the West Central Region.

I am a native Missourian; grew up on a farm in Pettis County. After graduating from La Monte High School I attended Missouri State University. I graduated with my Masters in Early Childhood Education and Family Studies in 2016. I spent almost 2 1/2 years working in downtown KC with youth experiencing homelessness before joining MU Extension in September 2018.

I'm excited to start programming in this county in 2019!



# Don't worry, I have something for **EVERYONE...**

There will be additional programming designed for Professionals, Families, and Youth

**Stay Tuned!** 

# What Can We Expect?

In 2019 I am planning some really great programs for older adults :

Who Gets Grandma's Yellow Pie Plate

**Boost Your Brain & Memory** 

**Chronic Disease Self- Management** 

Alzheimer's 101

**Questions, Comments, Concerns?** 

Email me:

sullivankd@missouri.edu

I'd love to hear from you!

Like my business page on

MU Extension Kyleigh HDFS Specialist

# **Barton County**



## UM System Footprint in the county in 2018



#### 33 students

- 26 Undergraduates
- 7 Graduate and professional students
- 33 Full-time students
- 10 Pell grant recipients (aid year 2018)



#### 5 people employed by UM

• 5 Campuses



#### Selected school alumni

- 3 Medicine
- 8 Nursing
- 1 Health Professions
- 1 Dentistry
- 5 Pharmacy
- 2 Veterinary Medicine
- 36 Agriculture
- 22 Engineering
- 10 Law

#### Alumni teaching K-12

- 3 teachers
- 2% of all district teachers



#### MU

- 26 students
- 90 alumni
- 4 employees

#### **UMKC**

- 2 students
- 28 alumni
- 1 employee

#### Missouri S&T

- 4 students
- 19 alumni
- 0 employees

#### UMSL

- 1 student
- 3 alumni
- 0 employees



MU Extension in: Barton County





#### **Health** care

- 37 patients seen at UM Health Care, with \$20,977 of uncompensated
- 4 patients seen at UMKC School of Dentistry with a statewide average of \$53.20 per patient in uncompensated care

#### **Extension**

**11,958 Total** educational contacts from MU Extension to residents of district counties, including:

- 208 contacts related to productive farming, better gardening, and managing natural resources
- 11,622 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 128 contacts related to starting businesses, developing community leaders, or renewing the local economy

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

# **Highlights**

## **2018 Century Farm and State Fair Farm Family**

In 2018, Barton County had the pleasure of recognizing The Gastel Family farm as a Century Farm Family. The Century Farm Program is sponsored by Missouri Farm Bureau and University of Missouri Extension.

## What is a Century Farm?

To qualify, farms must meet the following guidelines. The same family must have owned the farm for 100 consecutive years. The line of ownership from the original settler or buyer may be through children, grandchildren, siblings, and nephews or nieces, including through marriage or adoption. The farm must be at least 40 acres of the original land acquisition and make a financial contribution to the overall farm income.

Pictured right: Lindsey Stevenson, Mary Gastel, Rocky McCulloch



# What is a State Fair Farm Family?

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.

Pictured right: Will and Denise James and Family



# 4-H Highlights

## 2018 4-H Hall of Fame Jack & Betty Purinton

Jack and Betty have made significant contributions to Barton County 4-H over the past 50 years. As former 4-H members, they have continued to work with youth project areas, 4-H events, scholarship funds and much more in community. Leadership has grown in Lamar community. Jack and Betty attribute those skills to "Learning by Doing" through 4-H project work.



2018 National 4-H Congress

> Mycah Reed Barton County 4-H Delegate





2018 State Livestock Judging Team
6th Place overall
Michaela Madison, Ethan Ball, Charlie Fanning, Cora James







2018 State 4-H Public Speaking
Joy Krueth 1st Place Jr Division Category
Kendall Krueth 2nd Place Overall Sr. Division



2018 State 4-H Fashion Review

> Mycah Reed Kiliegh Ball



Barton County