



# NEWSFLASH



October 2, 2020

*#Opportunity4All*

**Stephenson County**  
2998 W. Pearl City Rd  
Freeport, IL 61032  
P: (815) 235-4125  
F: (815) 232-9006  
Website:  
[go.illinois.edu/jsw](http://go.illinois.edu/jsw)

• **Margaret Larson**  
County Extension  
Director

• **Becky Gocken**  
Program Coordinator  
4-H Youth  
Development

• **Julie Miller**  
Office Support  
Assistant



Find us on  
Facebook!

Good afternoon 4-H Families,

It's National 4-H Week this upcoming week! How are you and your 4-H family going to celebrate? I say, "Go big or go home!" Let's go BIG, Stephenson County! Let's show everyone that Stephenson County 4-H is the BEST! We have created a fun Goosechase game explained on pages 3-5 with some great prizes (TBD)! The chase kicks off on Sunday!

We received information that a couple of counties have been given access to 4-H Online 2.0 and are trying it out. They are currently testing the system and see what works and what still needs to be fixed before opening it up to everyone. Testing will last for approximately 2 weeks. Our goal is for ALL COUNTIES and ALL MEMBERS to begin the enrollment process by mid-October. For now, just hang tight and keep your fingers crossed that you receive word from me soon that enrollment is open.

As we head into the weekend, our region has been placed at a WARNING level for COVID. This means our 4-H meetings are now limited to less than 10 people indoors/ 25 people outdoors or 50% of space capacity. Face coverings must be in place and sanitizing of hands and surfaces.

Please be sure to check in with your leaders and offer them your support! We are always in need of screened adult volunteers to help— and I'm happy to help you start that process! We are all in this together and many of you have great ideas we have not thought of for ways we can connect virtually and continue to do the great things we do with 4-H!

Are your kids looking for fun activities they can do at home? Check out [4-H at Home!](#) There are lots of great learning activities offered! We have also added a [4-H Club "Go-To" section](#) on our website. Be sure to check it out!

Enjoy the weekend and this beautiful weather!

Thank you,  
Becky Gocken



# NATIONAL 4-H WEEK

OCTOBER 4-10, 2020

Call 815-235-4125 for more info!

#Opportunity4ALL

**I** ILLINOIS EXTENSION

4 H S P I W R I T K  
4 H S P I W R I T K

October 4 - 10, 2020

SUN

Service Project Sunday



Do something nice for a neighbor or a family member.

MON

Member Monday



Showcase that you are a member of 4-H!

TUES

Tell Your Story Tuesday



Share your 4-H Story!

WED

4-H Spirit Day Wednesday!



Show your 4-H Spirit!

THUR

Throwback Thursday



Share how you have grown in 4-H.

FRI

Favorite Project Friday



Share your favorite 4-H project!

SAT

Shoutout Saturday



Thank someone who supported you in 4-H!



Tag #IL4H and #national4hweek

For more details visit: <https://www.facebook.com/Illinois4H>

Illinois  
Extension







Join the chase on October 4-10



JSW 4-H  
**goosechase**

*a unit-wide virtual scavenger hunt*

Game Name: JSW 4-H National 4-H Week

Game Code: L75B1V

Game Password: jsw4H

**Step 1**

**DOWNLOAD  
THE FREE  
APP**

**goosechase**

**Step 2**

**JOIN THE  
GAME AND  
FIND YOUR  
TEAM**

**Step 3**

**COMPLETE  
MISSIONS FOR  
YOUR TEAM  
AND EARN  
POINTS**



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

We are in a friendly competition with JoDaviess and Winnebago Counties to earn the most points for a fun 4-H prize! Just download the free Goosechase app, enter the game code and password, choose our Stephenson County team and start taking the fun photos! Best of luck, Stephenson County 4-H'ers!



Tatum Tessendorf is our featured Cloverbud on the Stephenson County billboard!

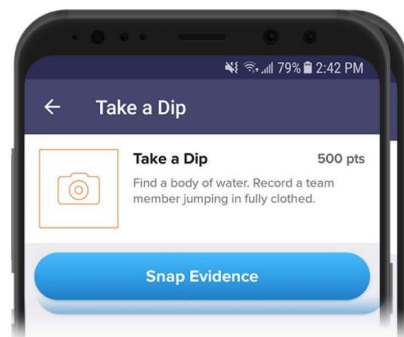
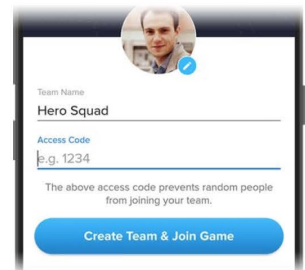
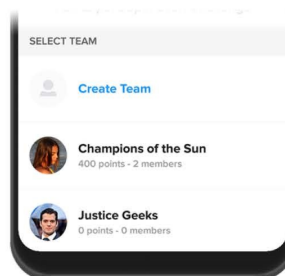
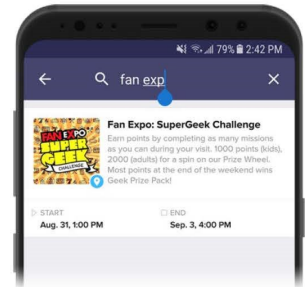
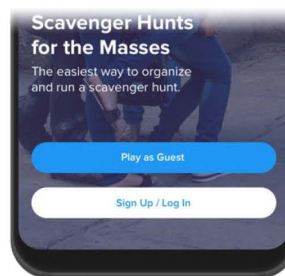


goosechase

# PLAYER INSTRUCTIONS



1. Download the GooseChase Android or iPhone app.
2. Choose to play as a guest; or register for a personal account with an email, username, and password of your choice.
3. Tap the search icon and enter JSW 4-H National 4-H Week, or game code **L75B1V**. You will need to enter the password: **jsw4H**
4. You will be playing as part of a team, please select your team (county name) from the list.
5. Once in the game, you'll be presented with the missions you and your team are attempting to complete. Mission types can include Photo/Video and/or Text. To complete a mission, select it from the list and hit the "Snap Evidence" button.



goosechase

# PLAYER INSTRUCTIONS

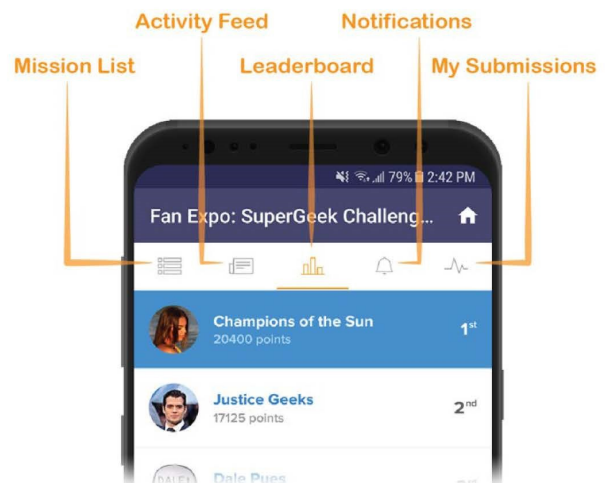


6. Make sure you're completing missions accurately! (e.g. "take a picture with a zebra" means take a picture with a real zebra, not next to a zebra on a computer screen)

Your game organizer can deduct points from your team if your submission falls short.

Bonus points can also be awarded to missions accomplished in extraordinary fashion!

7. Using the navigation tabs, you can keep track of how you are doing via the activity feed and the leaderboard, see notifications from the game organizer or review (and resubmit) your previous submissions.
8. Most importantly, Have fun! Get really creative, interact with your fellow players and organizers and don't be shy!



## STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

### OCTOBER 2020

- 4-10 National 4-H Week Celebration
- 7 Organizational Leaders Meeting via Zoom 6pm
- 18 ***Drive Thru 4-H*** SC Awards & Achievements Celebration; Trophy & Ribbon pick up– HCC Bldg. H Underpass

### NOVEMBER 2020

- 1 Re-enrollment due date for returning 4-H members (this will be extended)
- 3 Extension Office closed for Election Day
- 26-27 Extension Office closed for Thanksgiving

## Stephenson County 4-H

Trophy, Ribbons and Awards Celebration  
2020 Drive-Thru Style



**Sunday, October 18, 2020**

**2-4 pm**

**Highland Community College**

**Building H Underpass**



Come drive up to receive your 2020  
Stephenson County Virtual Shows Trophy  
Awards, Ribbons and Year-End  
Achievement Awards!  
Please stay inside your vehicle  
and wear a face-covering!



# IL 4-H STATE GENERAL PROJECTS SHOW STEPHENSON COUNTY

## 2020 RESULTS

- Addyson Ackerson - Foods & Nutrition - Award of Excellence
- Myla Binger - Photography 1 - Award of Excellence
- Ellie Bower - Photography 2 - Award of Excellence, Reserve Champion
- Audrey Boyer - Visual Arts: Paper - Award of Excellence
- Cassie Boyer - Visual Arts: Nature - Award of Excellence
- Jasmine Brinkmeier - Floriculture D - Award of Excellence, Reserve Champion
- Abigail Busker - STEAM Clothing 1 - Award of Excellence
- Magen Busker - Veterinary Science - Award of Excellence
- Matthew Busker - Crops: Corn - Award of Excellence
- Rachel Busker - Vegetable Plate - Award of Excellence
- Caitlyn Carlson - Floriculture Display - Award of Excellence, Champion
- Adam Engelkens - Communications: Creative Writing - Award of Excellence
- Ava Fellows - Geology: Pepple Pups 1 - Award of Excellence
- Molly Ginn - Foods & Nutrition: Cooking 101 - Award of Excellence, Champion
- Emily Graybill - Visual Arts: Chalk, Carbon, Pigment A - Award of Excellence
- Levi Graybill Foods & Nutrition: Cooking 201 - Award of Excellence
- Will Groeziner - Woodworking 1 - Award of Excellence
- Destiny Haugh - Visual Arts: Chalk, Carbon, Pigment A - Award of Excellence
- Daemyn Heslop - Welding - Award of Excellence
- Dausyn Heslop - Woodworking 2 - Award of Excellence

***Champion awards are given to the top exhibits in the class.***

***Inspire awards are given at the judges' discretion for projects they wish to highlight or acknowledge as inspirational.***

**I ILLINOIS**  
Extension  
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES



# CONGRATULATIONS EVERYONE!

# IL 4-H STATE GENERAL PROJECTS SHOW STEPHENSON COUNTY

## 2020 RESULTS

- Paige Hille - Visual Arts: Scrapbooking Adv - Award of Excellence, Champion
- Krista Keene - Intercultural: Passport to the World - Award of Excellence
- Brogan Keltner - Animal Science - Award of Excellence, Champion
- Kyla Lamm - Dog Obedience Preferred Novice, Blue Ribbon
- Kyla Lamm - Dog: Rally Intermediate - Blue Ribbon, 4th Place
- Michelle Marck - Communications: Creative Writing - Award of Excellence
- Michelle Marck - Public Presentation: Oral Interpretation - Award of Excellence, Champion
- Coleton Meier - Foods & Nutrition: Cooking 201 - Award of Excellence
- Collin Meier - Electricity 1 - Award of Excellence
- Jacob Mitchell - Crops: Small Grains - Award of Excellence - Champion
- Mya Mitchell - Civic Engagement 1 - Award of Excellence - Champion
- Justin Myers - Natural Resources: Sportsfishing 1 - Award of Excellence, Inspire
- Hannah Pecoraro - Visual Arts: Clay - Award of Excellence
- Dawson Stache - Foods & Nutrition: Cooking 301 - Award of Excellence, Reserve Champion
- Nathaniel Stache - Foods & Nutrition: Cooking 301 - Award of Excellence
- Nathaniel Stache - Public Presentation - Award of Excellence
- Rowan Stache - Foods & Nutrition: Cooking 101 - Award of Excellence
- Lincoln Voss - Visual Arts: Wood - Award of Excellence, Reserve Champion
- Helen Wenger - Dog Obedience Beginner Novice 1-Blue Ribbon, 1st Place, Champion
- Helen Wenger - Dog: Rally Novice - Blue Ribbon

***Champion awards are given to the top exhibits in the class.***

***Inspire awards are given at the judges' discretion for projects they wish to highlight or acknowledge as inspirational.***

**I ILLINOIS**  
Extension  
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES



## CONGRATULATIONS EVERYONE!



## STATE 4-H INFORMATION:



### JOIN COLLEGIATE 4-H AT U OF I

A great way to meet people at U of I is by joining C4-H, the registered student organization for 4-H alums attending University of Illinois. For more information, contact Brittney Muschetto at [uiuccollegiate4h@gmail.com](mailto:uiuccollegiate4h@gmail.com).



### END OF YEAR AWARD TIME

Whether you are a first-year 4-H member or a longtime member, it's time to focus on pulling together information for your 4-H award applications. Even younger members can submit the 4-H Experience Application and be eligible for 4-H recognition. Older members can submit both the 4-H Experience Application and the Illinois 4-H Scholarship Application to be eligible for state recognition, scholarships, and/or trips.



### 4-H VOLUNTEER CAFÉ CONVERSATIONS!

Register to participate in the **4-H Volunteer Café Conversations**. We are so excited to be launching this new Illinois 4-H opportunity creating a platform for 4-H Volunteers from across Illinois to meet virtually and discuss topics of interest, share both ideas and challenges. Volunteers will gain access to tools & techniques to support their volunteer efforts, strengthening 4-H club and member learning experiences. We will address two topics during each Café Conversation so come with your ideas, questions, and since this is a Café Conversation, feel free to bring a snack as well!

Thursday, November 19, 2020

Thursday, February 18, 2021

Thursday, May 20, 2021

SAVE THE DATE! Registration link will be provided soon.

The **Illinois 4-H Scholarship** is a merit-based scholarship to award outstanding work in project areas. Five \$1,000 scholarships will be awarded in each of the following categories: Animal Science, Civic Engagement/Global Living, Creative Performing Arts & Communication, Food Systems, Healthy Living/ Nutrition, Leadership, Natural Resources & Environmental Science, Personal Growth and STEM/Robotics. The deadline to apply is November 1. Apply online @ [go.illinois.edu/4Hscholarships](http://go.illinois.edu/4Hscholarships).

Each 4-H member has a story to tell and are eligible for our 4-H awards program – tell YOUR stories and see where they take you!

## STATE 4-H INFORMATION:



### Junior Leadership Conference

**November 7 | Virtually held on ZOOM**

You'll laugh. You'll make new friends. You'll even learn cool ideas to take back to your own 4-H Club at this year's Illinois 4-H Junior Leadership Conference. The conference is open to 4-H members in 7<sup>th</sup> and 8<sup>th</sup> grade. Registration closes when we reach 250 participants, so don't wait to the Oct. 24 deadline. Do it now! REGISTER: [go.illinois.edu/4Hjlc](https://go.illinois.edu/4Hjlc). This year's conference will be held virtually on ZOOM. Links for sessions, workshops and activities will be send in ad-

vance to participants.

In addition to cool things to do, you'll each have the opportunity to select two of these workshops to attend:

**Bouncin' Back: Resilient Me:** Have you ever received a bad test grade? Maybe you did not get the 4-H Officer position you ran for or you just had a bad day. We all face hardship or adversity in our daily lives, but do not let it be something that stops you! Join us as we learn how to build our resilience through a series of games and challenges!

**From Leading to Succeeding:** Has the idea to become a successful leader ever crossed your mind? If so, this is the workshop for you! You will learn how to be a better leader in your county and hear about various 4-H opportunities at the state and national level.

**Inspire Others to Serve:** A fun and interactive way to learn how to plan and run your own community service project in your community! We will begin giving you ideas, tips, and tricks to help you be successful in leading a project, then we will create and run mock projects. You'll leave knowing how to involve yourself in your community, and the ability to implement your own community service project.

**Mind Matters:** Do you feel stressed out all the time? Maybe you can't help but procrastinate? Then this is the workshop for you! In this workshop, we will be going through time management skills and techniques to help you manage stress. So don't stress, you got the time to join this workshop!

**Speak Out:** Learn to listen, effectively share thoughts, and speak out! In this workshop we will also talk about confidence, how to send positive body language and provide constructive feedback. Improve your communication skills through games and activities with us!

**Teaming Together to Lead the Fun:** Are you ready to take action? Join us and begin to learn some creative ways to gain communication and leadership skills through our fun virtual team building games! With both small groups and the entire team, collaborate together to solve problems and create stories that enhance your teamwork skills.

Link to Register: <https://web.extension.illinois.edu/registration/?RegistrationID=22579>

Event Page: <https://4h.extension.illinois.edu/events/illinois-4-h-junior-leadership-conference>



## STATE 4-H INFORMATION:

### 4-H VOLUNTEER VIRTUAL TRAINING OPPORTUNITIES

Engaged volunteers are central to a thriving 4-H club program which is why we have developed three new virtual volunteer training opportunities for you this fall! Please hold the following dates and watch your email for an email for a registration details so you can participate in the following training opportunities!

#### **#OMG Did That Just Happen? 4-H Code of Conduct Training – Thursday, October 15, 2020 at 7 PM**

*Illinois 4-H is dedicated to providing positive, engaging and safe environments for youth. Fundamental to creating that space for youth is to understand and be prepared to practically apply the Illinois 4-H Code of Conduct in real time situations. Join with Extension Youth Development staff and other volunteers as we explore life situations that you could potentially encounter in your role as a volunteer and develop skills to navigate those situations successfully!*

#### **It's Not Scary...It's Parliamentary Procedure – Thursday, October 29, 2020**

*Just because it's spooky season doesn't mean you have to be spooked by parliamentary procedure! Joins us as we dive into the 4-1-1 on parliamentary procedure. We will explore officer roles, general parli-pro history, simplifying parliamentary procedure, and share ideas to help make parli-pro fun! Grab your ghouls and ghosts and save this date!*

#### **Effective & Engaging Meetings – Thursday, November 12, 2020**

*The 4-H club meeting is typically one of the first experiences for new youth and new families interested in 4-H. This is the place where members get to know one another and share ideas. This means creating engaging and effective club meetings is the first opportunity to capture the interest of the members and the confidence of the parents. Join us to learn key strategies to help you create effective & engaging 4-H experiences in your club!*



### TRUE LEADERS IN SERVICE – SHARE YOUR STORY!

4-H members and clubs have continued to demonstrate they are **True Leaders in Service**, as they have worked independently to support both their personal and club goals of making a difference in their community by focusing their energies on the 4<sup>th</sup> “H” and pledge their HANDS to larger service! Illinois 4-H members and clubs have demonstrated how to **Make the Best Better**, during the COVID-19 crisis by developing plans and taking action collecting and donating food to stock shelves at local food pantries; reaching out vulnerable populations who may not have family members close to pick up needed supplies; and by making hundreds of face masks face masks to distribute to medical facilities; local businesses; and in communities.

If you did not register your plan for serve outreach, please use this link to share what your plan <https://4h.extension.illinois.edu/clubs>. Be sure to also follow-up and report what you accomplished on through your service project. The accomplishments of both individual members and clubs will be highlighted on the Illinois 4-H Website so make sure you go use the reporting link located in the middle of the page where it says, **CLICK HERE** to report your 4-H Community Service Activity to provide your club update!



## WHAT'S HAPPENING AT THE EXTENSION:

### BRING HOUSEPLANTS INDOORS BEFORE THE FIRST FROST



As fall draws near, it's time to bring houseplants inside for winter. Many houseplants are native to tropical and subtropical climates and do great outside in Illinois in the summer, but cannot tolerate cold temperatures.

"When temperatures drop below 55°F, it's time to bring plants indoors," says [Ken Johnson](#), [University of Illinois Extension](#) horticulture educator. "Be sure you don't also bring in unwelcome guests."

Insects, such as aphids, whiteflies, scale, and spider mites are pests commonly found on outdoor plants. Inspect plants for any insects and other pests before bringing them indoors. Once inside, populations can rapidly increase and spread to other plants.

Before resorting to insecticides, spray foliage with a steady stream of water. "If spraying doesn't work, insecticidal soaps can be used to eliminate soft-bodied insects," Johnson says. "Follow label instructions."

If plants are infested, it may be prudent to dispose of them.

In addition to the foliage, Johnson recommends checking the soil. Insects, such as earwigs and ants, will move into soil in potted plants. Flush pots with water to drive out insects. If ants are present, the plant may need to be repotted.

Over a period of about a week, gradually reduce light levels by moving plants to increasingly shadier areas. This will start to acclimate them to light conditions indoors. Once plants are indoors, put them next to the brightest, sunniest window, typically south or west facing. If you don't have a sunny location, provide supplemental lighting.

Plants grow slower indoors, so will need less water and fertilizer. For most plants, allow the soil to dry slightly between watering, Johnson says.

"One way to check soil moisture is with your finger," he says. "Stick your finger in your potting media up to your second knuckle. If the media is still moist, you don't need to water."

If the pot feels light when lifted, it may be time to water.

Plants can be watered by top or bottom. If top watering, apply enough water so that some water comes out the drainage holes at the bottom of the pot. This may need to be done more than once if the soil is very dry. If you have a saucer under the pot, make sure to empty the water out after half an hour or so. This will allow the potting mix to absorb additional water, but prevent the mix from becoming saturated.

To water from the bottom, fill you're a plant saucer or sink with a few inches of water and let plants soak. Once the potting mix on the top of the pot is moist, the plant can be removed from the water.

Plants often drop leaves and yellow when they are moved indoors. Increasing humidity levels around plants and providing supplemental lighting can help reduce leaf drop, Johnson says. Over time, plants will acclimate to their new environment.

**SOURCE:** [Ken Johnson](#), Horticulture Educator, Illinois Extension

## WHAT'S HAPPENING AT THE EXTENSION:

# Practical Tips to Manage Your Diabetes

For the millions of Americans living with diabetes or prediabetes, adopting a healthy lifestyle is critical in managing the disease for improved quality of life. University of Illinois Extension's upcoming webinar series, Managing Diabetes in a Modern World, will provide research-based information and strategies that strengthen the diabetic's wellness journey as they navigate managing the disease in a modern world of fad diets, food myths, instant meals, and instant gratification.

"Over 34.2 million Americans have diabetes, and 34.5% of the adult US population has prediabetes," said Extension nutrition and wellness educator Diane Reinhold. "Whether you are newly diagnosed, or have been living with the disease for years, this webinar series offers valuable information and strategies to help navigate questions and concerns, enrich wellness, and overall management of the disease."

The five-week online webinar series occurs weekly on Wednesdays at 10 a.m., beginning Oct. 14 and running through Nov. 11. The webinars are free, but advance registration is required at <https://go.illinois.edu/ManagingDiabetes>.

On Oct. 14, the series kicks off with an overview of diabetes, and tips on setting realistic personal goals related to food choices and activities specific to diabetes. On Oct. 21, educators will share meal planning tools and how to accurately count carbs, and share research-based information to support accountability. On Oct. 28, presenters will cover different resources, services, and supports for diabetics.

The Nov. 4 webinar focuses on achieving healthfulness of meals without sacrificing taste. The series concludes Nov. 11 with discussion on the importance of communicating with your healthcare team, how high blood sugars impact health, and risk factors and red flags for diabetics.

For more information on this series, or if you need a reasonable accommodation to participate, please contact webinar coordinator Diane Reinhold at [dreinhol@illinois.edu](mailto:dreinhol@illinois.edu). Early requests are strongly encouraged to allow sufficient time for meeting access needs.

**SOURCE:** Diane Reinhold, Family Life Educator, Illinois Extension

**WRITER:** Carissa Mann, Communications, Illinois Extension, [cdmann@illinois.edu](mailto:cdmann@illinois.edu)



SCHEDULE DOESN'T ALLOW YOU TO JOIN ONE OF OUR WEBINARS?

**CHECK US OUT ON YOUTUBE**

Many of our webinars are recorded and available to view on your schedule.

**ILLINOIS** Extension

*Knowledge is Power*

[HTTPS://GO.ILLINOIS.EDU/JSWEXTYOUTUBE](https://go.illinois.edu/jswextyoutube)



GARDENING/LAWN CARE/  
PERENNIALS/ANNUALS/TREES  
& SHRUB QUESTIONS?

**MASTER  
GARDENER  
HELPLINE**

Our Helpline is "open for business" visit our website to submit a question or leave us a message at:

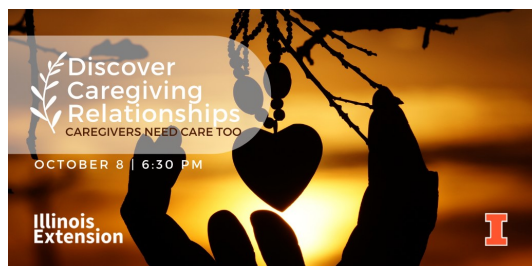
815-858-2273 - Jo Daviess  
815-235-4125 - Stephenson  
815-986-4357 - Winnebago

[Go.illinois.edu/MGHelpline](https://go.illinois.edu/MGHelpline)

**ILLINOIS** Extension



## WHAT'S HAPPENING AT THE EXTENSION:



### Taking Care of the Caregiver; Online Webinar Addresses Challenges

Over 34 million people in the U.S. are caring for someone over the age of 50. This six-part Discover Caregiving Relationships webinar series is designed to help caregivers address the many issues and challenges they face in their current role. Participants will discover

the variety of relationships impacted by caregiving situations and learn techniques to help keep them healthy.

"Many times caregivers put their own needs last," says Cheri Burcham, University of Illinois Extension family life educator. "This series examines the physical and emotional toll of caregiving and strategies for minimizing personal risks."

The series begins at 6:30 p.m. Oct. 8 and runs for six consecutive Thursdays. Registration is required for this webinar series and can be completed on-line at: <https://go.illinois.edu/caregiver>. Participants may choose one or more of the sessions based on interest. If one needs a reasonable accommodation to participate in programming, contact Burcham at [cburcham@illinois.edu](mailto:cburcham@illinois.edu). Early requests are strongly encouraged to allow sufficient time for the requested accommodation.

The Discover Caregiving Relationships webinar schedule includes:

- **Oct. 8 | Caregivers Need Care, Too:** This session examines how to recognize and prevent caregiver stress and burnout with strategies for self-care.
- **Oct. 15 | Losses and Mixed Emotions of Caregiving:** Caregivers experience losses and difficult emotions such as frustration, guilt, and fear. Learn how common these emotions are for caregivers and how to accept and manage them.
- **Oct. 22 | Changing Relationships in Caregiving:** Identify and understand the relationship changes that can develop among family members, successful long-distance caregiving, and the need for family support.
- **Oct. 29 | Couple Relationships in Caregiving:** Caregiving situations can bring unexpected challenges to couple relationships. Learn more about those unique circumstances and techniques for maintaining your special bond and relationship dynamic.
- **Nov. 5 | Speak Clearly, Listen Carefully:** Effective communication is important in our world but critical in a caregiving situation. Learning communication techniques that help you express feelings in a productive way is advantageous for the caregiver, care receiver, family members, friends, health care, and eldercare services team.

**Nov. 12 | Eldercare Services and Professionals: How to Maneuver Through the Maze:** Locating professional assistance with caregiving can be challenging. In this session, caregivers can gain useful information on available eldercare service resources and how to navigate the process.

**SOURCE:** Cheri Burcham, Family Life Educator, University of Illinois Extension

**WRITER:** Liz Smith, Media Communications Coordinator, University of Illinois Extension



## WHAT'S HAPPENING AT EXTENSION:

# AUTUMN HEALTH PICKS

## WEBINAR SERIES



Join Interdisciplinary Health Sciences Institute and University of Illinois Extension for a series on a variety of health topics. Pick and choose programs based on interest. All sessions are offered on Wednesdays at noon (CST) from September 23 - November 18, 2020.

### **Sept 23 | Decoding That Diet You Saw on the Internet: Vegetarian, Vegan, and Paleo Diets**

Are vegans always healthier? Are we supposed to eat like our ancestors during the hunting and gathering era? Join registered dietitian Ru Liu to learn about the vegan, vegetarian, and paleo diets, and gain the tools to decide whether those diets are for you.

### **Sept 30 | Taste the Rainbow: A Brief Overview of Carotenoids in Your Diet, Body, and Life**

In this seminar, we will discuss carotenoids: what they are, where we see them in our daily life, their benefits for our health, and how to incorporate them into our diet. Join neuroscience PhD student Corinne Cannavale to learn more about these amazing nutrients!

### **Oct 7 | Healthy Habits: Building Budget-Friendly Meals and Tracking Your Progress**

Recognizing the need for cheaper meals, health professionals have prioritized healthful eating and have increasingly used web-based and mobile apps to aid with building a healthier and more economical menu. Join nutritional sciences graduate student Jonathan Cerna to learn more about resources that can make it easier to eat healthy on a budget.

### **Oct 14 | Get the Facts on Nutrition: Know your Labels**

Do you ever feel confused by all of the nutrition information out there? Join Leila Shinn, MS, RDN, FAND to learn about how to read the Nutrition Facts label as well as important information on vitamins and supplements that you can use in making healthy diet choices for you and your family.

### **Oct 21 | Active Aging: Using Exercise to Maintain Health Across the Lifespan**

Wondering how active you should be during your lifespan? Should we be running a 5k every morning or is it enough to go on a 10 minute walk? Join kinesiology student, Shelby Keyte, to learn about the current physical activity guidelines for all ages and how they can be beneficial for you.

### **Oct 28 | Fermented Foods: What do they do?**

Learn how to decipher fact from fiction with enthusiast, fermenter, and nutritional sciences PhD student Breanna Metras. Join us and learn how to run some experiments in your own home and understand what the science really says these foods can do for you.

### **Nov 4 | Block the Bite: A Guide to Commonly Encountered Ticks and How to Protect Yourself and Your Family**

Ticks suck...literally. But which ones transmit which diseases, and what are safe and effective methods to prevent them from biting? Tick ecologist Heather Kopsco will teach you when and where you can expect to find these potentially dangerous pests when outdoors, and simple ways to keep your family protected (pets, included!).

### **Nov 11 | Dietary Defense: How Nutrition Can Impact Immunity**

COVID-19 has caused a sizeable increase to the already leading cause of mortality in the world. Join nutritional sciences PhD student Noah Hutchinson as he outlines important evidence-based aspects of nutrition and day-to-day habits that can put you in the best position to maintain a healthy immune system and lower your risk of contracting an infection.

### **Nov 18 | Staying Sharp: Maintaining Brain Health As You Age**

Aging is inevitable, but there are many things we can do to maintain brain health as we get older. Join neuroscientist Miceal Key to learn about how and why the brain changes with age, how these changes can impact daily life, and what healthy habits can help you maintain brain health.

Registration link – <http://go.illinois.edu/healthpicks2020>



IHSI | Interdisciplinary Health Sciences  
Institute & University of Illinois Extension



## Webinar Examines Dollar Store Impact on Rural Illinois Communities

Dollar stores in rural areas offer convenience and competitively-priced shopping options for rural residents, but their business models do not always lead to long-term community economic health.

University of Illinois Extension is co-hosting a free online webinar to provide local officials, economic development professionals, and plan commissions a comprehensive look at both positive and negative impacts dollar store development can have on rural economies.

The webinar will begin noon CT Thursday, Oct. 8. Register at [go.illinois.edu/DollarStoreImpact](https://go.illinois.edu/DollarStoreImpact).

“Against the decline of retail in rural areas, the Dollar General chain has expanded significantly,” says Nancy Ouedraogo, Illinois Extension community and economic development specialist. “Before approving new rural development of dollar stores, we encourage local decision makers to inspect the whole-community impact dollar stores could have on a healthy local business sector.”

Presenters Adee Athiyaman and Chris Merrett will describe the expansion of dollar stores in Illinois, provide a market profile of communities that host Dollar General stores, explore the profile of consumers who shop at these kinds of stores, and examine positive and negative impacts these stores have on rural Illinois communities.

Athiyaman, Ph.D., is a professor of public policy and economic development at Western Illinois University, and Merrett, Ph.D., is director of the Illinois Institute for Rural Affairs at Western Illinois University and serves on the board of directors at Rural Partners of Illinois.

Rural Partners is a member-driven forum that links individuals, businesses, organizations, and communities with public and private resources to maximize the potential of rural Illinois.

University of Illinois Extension provides equal opportunities in programs and employment. For reasonable accommodation to participate in the webinar, contact Ouedraogo at [esarey@illinois.edu](mailto:esarey@illinois.edu). Early registration is encouraged to allow sufficient time to meet your request.

**SOURCE:** Nancy Ouedraogo, Extension Community and Economic Development Specialist

**WRITER:** Liz Smith, Extension Media Communications Coordinator



**US CENSUS 2020**  
**BE SURE YOUR COUNTED!!**



Your response helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services. Results from the 2020 Census will be used to determine the number of seats each state has in Congress and your political representation at all levels of government.

The Census can be completed by phone at 844-330-2020, online at <https://my2020census.ohs/> or by paper.

For response updates in [Jo Daviess County](#).

## 2020 Virtual 4-H Show Results

Check out the exhibits that were entered virtually! Congratulations to all who participated. The projects were AMAZING!



## GARDENING QUESTIONS?

Our Master Gardener Helpline is open and ready to help. Fill out our [online form](#) to help us serve you better

Missed a Webinar? visit our [Youtube channel](#) for recorded webinars

### Gardening in the Air

VIRTUAL GARDENING SATURDAYS  
October 3 & 10 | 9am-noon



### Gardening In The Air - Saturday Webinar Series

**October 3 & October 10 - 9:00, 10:00 & 11:00 AM**

University of Illinois Extension and Iowa State University Extension have teamed up to offer two virtual gardening Saturday events. Choose one or many sessions through the two Saturday virtual webinars.

**October 3** choose from Invasives, Vegetables and Herbs, or Houseplants.

**October 10** choose from Natives, Fruits or Ornamentals.

### Creating a Bottle Terrarium

**October 13 - 1:30 PM**

Explore the enclosed world of bottle terrariums, the self-contained plant environments within glass. Explore terrariums, their needs, and how to create a bottle version of a terrarium.

### AUTUMN HEALTH PICKS WEBINAR SERIES



### Healthy Habits: Building Budget-Friendly Meals and Tracking Your Progress -

**October 7 - Noon**

Recognizing the need for cheaper meals, health professionals have prioritized healthful eating and have increasingly used web-based and mobile apps to aid with building a healthier and more economical menu.

### Get the Facts on Nutrition: Know Your Labels - **October 14 - Noon**

learn about how to read the Nutrition Facts label as well as important information on vitamins and supplements that you can use in making healthy diet choices for you and your family.



### Everyday Environment: Composting Do's & Don'ts **October 8 - 1:00 PM**

A discussion of the composting process, what works in compost and what should be left out, and basic management of air, moisture and temperature.



### Caregiver Self Care

**October 8 - 6:30 PM**

This session examines how to recognize and prevent caregiver stress and burnout with strategies for self-care.

### Losses and Mixed Emotions of Caregiving

**October 15 - 6:30 PM**

This session examines how to recognize and prevent caregiver stress and burnout with strategies for self-care.

### Managing Diabetes in a Modern World Webinar Series

**Take The First Step - October 14 - 10:00 AM**

This session will help set you up for success in setting realistic personal goals related to what you eat and being more active.



University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, email us at [uie-jsw@illinois.edu](mailto:uie-jsw@illinois.edu) early requests are encouraged to allow us sufficient time to meet your access needs.



**WHAT'S HAPPENING AROUND STEPHENSON COUNTY:**

# **35th ANNUAL NORTHWEST ILLINOIS CLUB CALF SALE**

**Saturday, October 17th 2020**

**Stephenson County Fairgrounds, Freeport, IL**

**7:30 P.M.**

**Cattle are ready for viewing at 5:30 P.M.**

**Due to COVID 19 Health Release Forms will need to be filled out before entry to the fairgrounds. Thank you for your understanding!**



**2018 Reserve Grand Champion Steer**

**Shorthorn Junior Nationals**



**For More Information Contact:**

**Cindy Feltmeyer : 815-297-2492**

**cfeltmeyer@eastland308.com**

**Alyssa Miller - 815-297-3609 Email: alyssa.miller@ejshs.org**

**Auctioneer: Jared Ruter (815) 238-7530**