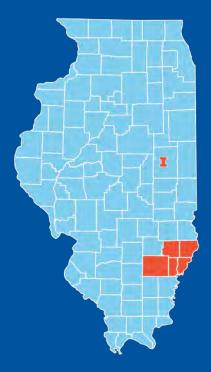




2019 IMPACT REPORT University of Illinois Extension Edwards, Lawrence, Richland, Wabash, and Wayne Counties

ILLINOIS EXTENSION COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of the University of Illinois at Urbana Champaign.



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A Message from the Chancellor

The University of Illinois at Urbana Champaign is an economic engine and a driver of innovation, deeply rooted in the Illinois prairie and engaged statewide, from Cook County to Cairo. Illinois Extension brings the

University to your doorstep. Extension educators live and work alongside you in every county, allowing the university to support local leaders, businesses, farmers, and residents to address grand challenges and everyday problems with practical, research-based solutions. As a youth, my own 4-H experience inspired a rewarding career in agricultural research and higher education. Today, it's an honor to lead this great public university and deepen its commitment to serve the people of Illinois.

Robert J. Jones Chancellor, University of Illinois





A Note from the Interim County Director

The staff at Illinois Extension works every day, offering practical education to help people, businesses, and communities solve problems, develop skills, and build a better future. I am always proud of the work our staff and volunteers conduct and this annual report does a great job highlighting the results. But, this annual report is much more than a list of our programs; it is an invitation to engage in a relationship with our staff. By collaborating with others in the communities we serve, we are all more successful.

Please share this report with your co-workers, business partners, and friends. Public awareness of what we do strengthens our organization and helps us reach more people. We invite you to partner with us as we continue to improve the lives of everyone in our communities.

A special thank you to our stakeholders and supporters. We appreciate you for serving right along with us!

Stacy Woodyard Interim County Extension Director

4-H Member Spotlight

Ava Anderson, the daughter of Douglas and Erica Anderson, is an eight-year member of the Ellery Panthers 4-H Club in Edwards County. She has been on various committees throughout her 4-H career and is currently serving a second year as her club's vice president. Ava participates in Senior Federation, filling the role of photographer, and serves on the Extension Expansion and Review Committee. Ava is always taking on leadership opportunities, attending conferences, organizing activities, volunteering at workshops, participating in various community service projects, and serving on numerous committees, such as health, citizenship, career exploration, community service, and calling/texting.

During her 4-H career, Ava has taken many general show projects including finance, nature, public speaking, cooking, photography, citizenship, health, leadership, and sewing and textiles, in addition to livestock projects of swine and small animals. Last year, she participated at the county and state speech competitions. According to Ava, she really enjoys "finding every way [she] can to help others and be a part of the community." Ava has shared her passion for 4-H with many people and received the I Dare You Award in honor of her love for and dedication to the 4-H program.





Participants used a Makey Makey® to learn about electrical currents and conductors and how they relate to the computer's work.

Wabash County After School Tech Club

As technology becomes more and more prevalent in our everyday lives, 4-H believes it is necessary to prepare our young people to fully understand and work with it. Wabash County 4-H provided an opportunity for students at St. Mary's School in Mt. Carmel to participate in an after school Computer Tech Club. During the program's four sessions, participants learned about coding and electricity and how they relate to computers. These potential future programmers had a great time exploring the technology behind so much of the world around them!

Supporting Local Businesses

Wabash County 4-H had the opportunity to collaborate with Illinois Extension Community and Economic Development Educator Susan Odum, along with Lesley Hipsher of the Wabash County Chamber of Commerce, to present a program developed by Odum to the fifth grade classes at Mt. Carmel Grade School. The program introduced the students to the concept of supporting the local economy. When it is increasingly easy to purchase items from almost anywhere across the globe, it is important for our young people to understand the positive impact of supporting local businesses on our communities. After discussing the basics of how local economy works, the bulk of the program consisted of a game created by Susan called Community Chest, which emphasized that spending money locally can lead to positive future developments for our rural areas and small towns. For the final activity, the students were challenged to come up with an idea for a business they would like to see in their community someday.

Nature Detectives

4-H took advantage of the arrival of spring by offering the Nature Detectives program to third graders. This series consisted of four sessions and provided the students with an increased appreciation and awareness of our natural surroundings. The program focused on bird habitats and the various components that make up a healthy environment for birds. After three sessions in the classroom, the series culminated with a visit to Beall Woods State Park in Mt. Carmel. Students were able to observe some of what they learned in the classroom in the real world, exemplifying the 4-H slogan, "learn by doing."



After learning about what birds eat and how that relates to their habitats, third graders made several varieties of bird feeders.





Tech Fest

Illinois Extension sponsors the annual Tech Fest for area fifth graders each fall. Students from the public schools and homeschool groups participate in the event, which takes place during the school day. The day begins with a presentation from Elastec Corportation, a local engineering business that builds oil containment booms for cleanup of oil spills. The students then rotate through four, hands-on, STEM sessions: a boat challenge, catapult challenge, eco-bot challenge, and building Lego Mindstorms NXT Robots. Other activities include 4-H National Youth Science Experiments, which promote math skills, engineering concepts, effective environmental clean-up solutions, and just having fun while working together.





Scrumptious Science

Youth from all five counties in our unit had the opportunity to participate in a fun, hands-on, food science program appropriately named Scrumptious Science. During the four-week series, youth gained an appreciation for how science and chemistry play an important role in our cooking process. Two of the food lessons and techniques taught during the series were cheese-making and the many forms of an egg.

In addition, youth learned proper sanitation methods, and kitchen and knife safety. Participants worked together in groups to make fruit pizza, scrambled eggs, old-fashioned pancakes, homemade butter, paneer cheese, and homemade macaroni and cheese. Participants also learned how to separate eggs by transferring the yolk back and forth and saving it for a future recipe. In the final week, students made homemade angel food cupcakes and whipped cream. Of course, they were able to eat what they made and taste the end results!



All participants enjoyed SEEING and TASTING that food preparation really is a cool science!





4-H Ambassadors

Fourteen 4-H members representing Edwards, Lawrence, Richland, Wabash, and Wayne counties have been selected to serve as 4-H Ambassadors. Youth ranging from sixth graders to college freshmen completed an application, secured a reference letter, and completed an interview before selections were determined.

The purpose of 4-H Ambassadors is to give youth a voice, while promoting the 4-H program and their own 4-H stories. 4-H Ambassadors have a huge impact on the local program, as they are involved in promoting the benefits of 4-H membership to younger youth, their peers, potential volunteers, donors, and stakeholders.



Tackling the Tough Skills

Juniors and seniors from Lawrenceville High School and Red Hill High School participated in the complex study of personalities and how an individual's personality affects everyday interactions with others. These upperclassmen completed the personality assessment Real Colors and then used the knowledge from their color assessment to dive into the concepts of communication skills and stress. The students examined how different ways of communicating can affect their classmates, or even a job interview. The purpose of the series was to help students understand human behavior, improve communication with others, promote personal development, and increase self-awareness.



4-H Member Spotlight

My name is Seth Mitchell, and I am the son of Aaron and Deborah Mitchell of Olney, Illinois. One of my greatest influences in life was my involvement in 4-H. Through this experience, my passion for agriculture was founded, and I had the opportunity to grow a simple show pig project into a seven sow show pig business that I now manage. My 4-H participation also founded my passion for leadership and nurtured my communication skills. Serving as both the Club President and Federation President allowed me to learn about others' teamwork styles, delegate responsibilities, and facilitate events. Furthermore, participating in the public presentations contest for the past ten years has strengthened my public speaking abilities and made me get outside my comfort zone. As a current student at Lake Land College, the skills that I developed throughout my 4-H career are still being employed as I serve the Illinois Professional Agriculture Student Organization as the third vice president and participate in the Lake Land College Student Ambassador program. Next year, I will transfer to the University of Illinois at Urbana-Champaign to major in animal science, after which I will pursue a career in the animal agriculture industry. It is because of the dedication and commitment to the youth of Richland County from the 4-H leaders and Extension staff that I have benefitted so greatly from the 4-H organization, and I would like to especially thank my 4-H leaders, Terry Fleming, Amber Scherer, and Lisa Pampe, for their guidance and support over my 11 years as a Hilltoppers 4-H Club Member. 4-H has undoubtedly paved the foundation for my future.





St. Louis Zoo Trip

In November, the Wayne County Federation took a fun and educational trip to the St. Louis Zoo; but, this wasn't just any ordinary trip. The Federation members arrived after the zoo closed, slept there overnight, and spent the next morning working and touring before the zoo opened. They were able to experience life in the zoo as caretakers and veterinarians. The zoo staff had educational stations set up where members completed dental work on a polar bear, found items that a penguin had accidently swallowed, and learned to train animals. It was definitely a once-in-a-lifetime experience.

After School STEM at New Hope School

New Hope School junior high students were able to practice their skills completing a circuit. The group learned the basic concepts of a circuit and how a broken connection doesn't allow energy to flow properly. They were also taught about conductive and nonconductive properties.

The youth were then challenged to use their newfound skills to program a Makey Makey — an electronic

invention tool that allows users to connect everyday objects to computer programs. Using Play-Doh and lead pencils as their game pad instead of the computer keys, they played Super Mario Brothers, Whack-A-Mole, and piano.



The popular classroom program became a regular, after school program with 15 students joining, on average, to advance their skills with the Makey Makey, make their own Play-Doh for use with Squishy Circuit and improve their engineering skills by building a catapult.



4-H Member Spotlight

Throughout my life, I have gone through countless changes, but for the last nine years one thing has stayed consistent – my involvement in the 4-H program. 4-H has been a catalyst for change and growth in my life. When I started 4-H as a shy eight-year-old, I never would have guessed its impact on me. Through 4-H, I learned leadership, public speaking, parliamentary procedure, proper animal care, responsibility, and discovered my passion for creativity. 4-H has allowed me to build the skills needed to succeed, not only in 4-H, but in the real world. Without the 4-H program, I am not certain I would have developed the skills I now use in day-to-day life as both the Mt. Carmel FFA Reporter and a member of DYMAC, among other leadership positions I currently hold.

One thing I have always loved about 4-H is that you can learn anything you want. If you have a passion, you can take that to the fair. I have personally taken everything from entomology and swine to theater arts and floriculture, and everything in between. Many people, when they hear the name 4-H, think of kids showing their animals. While that is part of it, the possibilities reach far beyond just animals and animal care. Through the public speaking project, I learned how to properly write and "block" a speech. This has proven useful in my English classes and in posing propositions and discussions with various organizations. 4-H has truly changed my life for the better, and without it I would not be who I am today.



Eva Hawking is a Wabash County 4-H Ambassador.



Candy-Making workshop attendees whip up chocolatecovered trail mix.

Candy Making Workshop

The annual candy-making workshop in Richland County was at full capacity this winter. Several Federation members lent helping hands to this popular 4-H workshop. Participants learned kitchen safety and experimented with kid-friendly recipes that were five ingredients, or less. They were able to take home chocolate-covered trail mix, Oreo balls, and rice cereal treats decorated with icing.



Richland County's Teen Teachers, Hayley and Ethan, teaching students about how Tootsie Roll wrappers are made with ag-based supplies.

Teen Teachers

Illinois Extension Teen Teachers partnered with the after school program, Tiger Zone, for six weeks to teach third graders hands-on agriculture lessons. The teens chose their favorite agriculture topics, then developed lessons and activities for the kids. Teen Teachers also enjoy talking with youth about their 4-H activities. In the upcoming year, this program will be expanded to offer the opportunity to even more teens.



















Lawrence County 4-H STEAMbots



What started out as an after school program to grow interest in STEAM activities, grew into a 4-H robotics Special Interest (SPIN) club. Lawrence County 4-H partnered with the Red

Hill School District Technology Teacher Tammy Parker to bring fun, hands-on STEAM activities to youth in third through sixth grades. The 25 youth that participated in the after school program jumped at the opportunity to join the robotics club! There are currently 15 youth and two Teen Teachers that attend on a monthly basis. The youth are learning how to build and program EV3 Lego Mindstorms to compete at the State 4-H Robotics Competition held every May.

Veteran's Day Community Service Project



Lawrence County 4-H members honor veterans by placing flags on their graves at the Bridgeport Cemetery. The youth learn local history, as many of the graves in one section are

soldiers from the Civil War. A local veteran, Chuck Holtz, talked about how Veteran's Day was formed and what an honor it is to the families to see the flags being placed. Another local veteran, Jack Polk, taught 4-H'ers why and how we retire an American flag. On Veteran's Day, 4-H members retired 140 flags from local businesses and cemeteries. This is always a great community service project for the youth of Lawrence County.

Conservation Day



In April, fifth grade students gained knowledge in environmental awareness at Conservation Day. Area youth ventured to Red Hills State Park for a day of learning and fun. They

rotated between eight different stations learning about energy conservation, forestry, mammals of Illinois, birdcalls, pollinators, hunter conservation, and observed a watershed demonstration. Lunch was provided by Lawrence County Farm Credit Illinois, and Lawrence County Farm Bureau provided funding for the raptors educational program presented by the Indiana Department of Natural Resources. Youth saw falcons and owls up close and learned about their habitats and character traits. Many local businesses collaborate to make this educational opportunity a success for Lawrence County students.



















Serving Youth in Edwards, Lawrence, Richland, Wabash, and Wayne Counties

Wherever you live, 4-H is there. Whoever you are, 4-H is the place where you belong and are part of the club, where you serve in the world where you live, where you act on matters important to you, and where you learn to accomplish the dreams you strive to achieve. Illinois 4-H empowers and prepares youth for success — for today, tomorrow, and a lifetime.

Program Reach

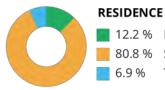


- 1 % African American
- 2 % Asian, American Indian, Pacific Islander, 2 or more races, or unknown

ETHNICITY



98 % Non Hispanic2 % Hispanic



 12.2 %
 Farm

 80.8 %
 Small Town under 10,000

 6.9 %
 Town 10,000 to 50,000











35 Workshops Conducted



450+ Leaders Assisted

Home & Community Education (HCE)

HCE chapters have a thirst for new educational materials. Chapters exist in most counties and provide Extension with the opportunity to reach senior citizens, thus expanding the diversity of our audiences. Placemaking, as a local, economic development strategy, is the program that we take to them. This refers to everyone in the community understanding and continuously talking about what makes it great. It also refers to developing a consensus on what needs to be improved and addressed going forward. Economic development is everyone's responsibility.





Successful Business Handoffs When Current Owners Retire

The aging of owners and leaders creates one of the most complex chapters in the life of a business. So complex, that many owners completely avoid all, or some of the issues. Local economies depend on successful transitions. Illinois Extension highlighted this need and provided helpful tools for getting underway during one of it's community workshops.

"An ounce of prevention is worth a pound of cure" illustrates how effective planning helps our businesses. By adding to already strong programs for entrepreneurs, we impact entire communities. STEVE GRONER, EXTENSION EDUCATOR

Planning That Makes Sense

The CEO® (Creating Entrepreneurial Opportunities) program puts community and economic development educators in front of high-achieving junior and senior high school students. There are 40 CEO communities in Illinois, including four in our unit. As an annual guest presenter on business plans, Steve Groner represents the University of Illinois and Illinois Extension to a perfect audience, allowing Steve to incorporate youth into his program delivery.



Preparing Businesses for Disaster Recovery

Studies confirm that one-in-three local businesses will be gone if a disaster forces closure for more than two weeks. With large-scale events, like tornados and earthquakes, just picture what this would do to our economy. Then, there are common disasters, like fire, flood, cyber attacks, and more. The reality scares everyone, but planning and preparation help in many ways.

Translating Technology into Assistance for Senior Citizens and Other Rural Groups

Gauging impact on participants is essential and, in this program, we obtained thrilling results. The Aging in Place, Safer and Longer with Technology program definitely struck a chord with its audience. Eighty percent of participants shifted from an average understanding of in -home technology to a high understanding of the devices available. Interest in technology moved from average to high, as well. Most importantly, participants' opinions of smart home devices moved from somewhat positive to quite positive.

Education About Saving Energy

Statewide, the Community and Economic Development (CED) team created and delivered award-winning consumer education about energy-saving technology. For three consecutive years, the team has earned funding from the Illinois Science and Energy Innovation Foundation. CED targets hard-to-reach populations, senior citizens, and low-income families, many suffering from high energy costs (up to 13% of their monthly income). Money saved on energy can go to cover other family expenses, while seniors can live in their homes safer and longer with a few smart devices.





SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education works with Illinois families in need to make the healthier choice an easier choice where they eat, shop, live, play and learn. Through classes and workshops, and by collaborating with community partners to adopt research-based solutions to encourage healthier nutrition and activity choices, SNAP-Education positively impacts the families and communities we serve.

Serving Local Families



4,521 Total SNAP-Education Participants



40% Adults 60% Youth

2% | 96% | 2% |

Identified as Hispanic Identified as Non-Hispanic Unknown

RACE OF PARTICIPANTS

- 94% White (4,284)
- 3% Black (117)

3% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (126)

Our Community Partners



Richland County hosted a series of Illinois Junior Chef classes, where 25 participants had the opportunity to expand their knowledge and skills in the kitchen. In this photo, a young participant proudly poses with a plate of freshly grated cheese. Her mother says, "Now she can cook macaroni and cheese on the stove, rather than the instant kind in the microwave. She also knows the importance of pairing it with a fruit salad."





Collaboration is What It's All About

Justine Barnfield, SNAP-Ed community worker, was contacted by the director of the Career Development Center in Fairfield, which serves special needs adults. This audience has never been served by Supplemental Nutrition Assistance Program Education (SNAP-Ed), and after doing some research, Justine was excited to find out they qualified. This set into motion a series of programs designed just for them, with nearly 40 adults signing up for the first class!

The MyPlate for My Family classes were held monthly and the curriculum helped participants plan, purchase, and prepare healthy meals for their families. According to Justine, "The Career Development Center participants were so excited to learn new things. It made me excited to teach them. They always started each class by sharing how they used their newfound skills at home."

This class reminded me why we do what we do, and it is always worth it to put in the time and effort. JUSTINE BARNFIELD, SNAP-ED COMMUNITY WORKER

Mackenzie is another success story from Illinois Junior Chefs classes. On the first day of class she was shy and hesitant to participate or taste new foods. However, by the middle of the week she was sharing her vegetable chopping skills at home with her mother during supper meal preparation. Her mother said, "I am learning a few tips and tricks from her!" Mackenzie also began tasting new vegetables she helped prepare at home. A win-win!

































Stacy Woodyard Interim County Director



Steve Groner Community & Economic Educator



Lisa Simpson Unit Fiscal Secretary



Debra Collier 4-H Youth Development Edwards County



Samantha Gaither 4-H Youth Development Lawrence County



Jessica Ochs 4-H Development **Richland County**



Brian Buchanan 4-H Development Wabash County



Yvette Anderson 4-H Youth Development Wayne County



Justine Barnfield SNAP-Ed Community Worker



Savanah Summerfield SNAP-Ed



Sheri Pitts Office Support Assistant **Richland County**



Carol Van Matre

SNAP-Ed

Community Worker

Lauren Russell Office Support Assistant Wabash County



Jessica Simpson Office Support Assistant Wayne County





Theresa Reid Office Support Assistant Edwards County



Debra Buchanan Office Support Assistant Lawrence County





















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| Matthew Moore | Wayne County |
| Pat Vaughan | Wayne County |

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OFFICE LOCATIONS

Edwards County Extension

350 N. 7th St. Albion, IL 62806 (618) 445-2934 Mon - Fri, 8 am - 4:30 pm Closed Noon - 1 pm

Wabash County Extension

738 N. Market Mt. Carmel, IL 62863 (618) 262-5725 Tues - Thurs, 8 am - 4:30 pm Closed Noon - 1 pm

Lawrence County Extension 10722 Cherry Blvd.

Lawrenceville, IL 62439 (618) 943-5018 Mon - Fri, 8 am - 4:30 pm Closed Noon - 1 pm

Wayne County Extension

2B Frontier Dr. Fairfield, IL 62837 (618) 842-3702 Mon - Fri, 8 am - 4:30 pm Closed Noon - 1 pm

Richland County Extension

306 S. Fair St. Olney, IL 62450 (618) 395-2191 Mon - Fri, 8 am - 4:30 pm Closed Noon - 1 pm

ONLINE



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University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate in any program, please contact the county Extension office. The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP). Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.

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