



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 County Director

University of Illinois Extension staff in Alexander, Johnson, Massac, Pulaski, and Union (AJMPU) counties have identified several issues impacting our communities through surveys and interviews in the community. One issue found in the AJMPU counties was a lack of food security.

An effort was made to address this issue in the region by working closely with food pantries, volunteers, and gardening partners. To help staff and community partners better understand the issue, we visited the Tri-State Food Bank in Evansville, Indiana. Officials from the food bank informed us that Alexander and Johnson counties were designated as food deserts due to an inadequate supply of food available in these communities. The trip inspired staff to continue efforts addressing food security in a variety of ways: providing education and local problem-solving assistance to food pantries, continuing community garden projects, and the AJMPU Unit's first Can-Construction event.

Food security is just one of several issues Extension is addressing in our five county area. Looking ahead to 2020, the AJMPU Unit will continue to do good work by addressing needs in our community. We hope you will stop by one of our offices to discover how Extension can provide value to you and your household!

Mr. Jody A. Johnson  
 County Extension Director



## Smart Grid Energy Programs

The Illinois Extension Smart Grid Outreach Team, comprised of eight individuals on the Community & Economic Development and Energy & Environmental Stewardship teams, including Educator Erin Garrett, were the recipients of this year's Interdisciplinary State Team Excellence Award from Extension.

The team has been awarded \$716,100 in external funding over the past three years to provide consumer education about the smart grid and home energy efficiency to rural, low-income, and senior audiences.

Through partnerships with Illinois State University and C.E.F.S. Economic Opportunity Corporation, the team has delivered over 125 workshops statewide, providing 3,550 participants with the knowledge and tools to make informed decisions about energy usage.

Garrett traveled statewide to deliver smart grid education to youth and senior audiences. She presented at Science in the South, ACES Family Academies, and the Illinois Association for Home and Community Education (IAHCE) Conference in Effingham, as well as visited many local schools. She reached about 700 participants this year.



## Southern Illinois Conservation Workshop

Extension hosted the second annual Southern Illinois Conservation Workshop on September 21, where about 70 private landowners and natural resource professionals gathered to learn about best management practices for private lands. A keynote talk on bats, and three tracks of presentations were great sources of information. Plans are underway for the 2020 workshop.

## Youth Outdoor Programs

Garrett developed a four day natural resource program for youth to attend this summer in conjunction with the Illinois Junior Chefs cooking schools. She offered the program for four weeks, in Alexander, Massac, and Johnson counties, reaching 55 youth. Participants engaged in hands-on lessons and activities on a different topic each day, including plant needs, pollinators, camouflage, and electricity.



## Adult Outdoor Programs

Garrett continued to engage with adult audiences by offering a variety of programs this summer that reached a total of 128 individuals. She led a guided hike to Cave Creek Glade, to explore a high-quality natural area; she gave a talk on planting for pollinators at Giant City Visitor's Center; and she gave several talks on identifying and managing invasive species, in partnership with the River to River Cooperative Weed Management Area (CWMA).

## Rain Garden Workshop & Installation

Illinois Extension partnered with Greater Egypt Regional Planning and Development Commission to host a rain garden workshop. Participants learned the ins and outs of installing rain gardens in residential landscapes, and received hands-on experience adding native plants to a newly created rain garden at the Jackson County Extension office.



## Grass Identification Programs Fill Up Fast

Garrett developed a grass identification program that has quickly grown in popularity. In her program, Which Grass is Which? Identifying Grasses Made Easy, she points out tips and tricks for identifying grass species. Using simple plant characteristics, participants learn how to identify about 30 different types of grasses. An indoor lesson is typically followed by an outdoor hike, but she also adapted the program to a webinar version, which is now on YouTube.

In 2019, 110 participants attended this program in person and 69 listened in to the webinar. With over 500 additional views of the program on YouTube, Garrett is reaching a large audience! She looks forward to continuing to expand her reach.



## Rare Plant Workshop Held

Natural resource professionals in the southern 16 counties attended a rare plant workshop hosted at Dixon Springs Agricultural Center by Illinois Extension and the River to River Cooperative Weed Management Area (CWMA).

Garrett was one of four speakers who described methods of identifying rare plant species present in southern Illinois. Other speakers shared information on how to report occurrences of rare plants. The workshop was well received by participants.

## Introduction to Citizen Science

One of the volunteer opportunities for certified Master Naturalists is participating in citizen science projects.

To support this volunteer work, Garrett hosted training in five different citizen science programs at the Cache River Wetlands Center. Participants received training in Project Budburst, I-TICK, CoCoRaHS, EDDMapS, and eBird.

## Master Gardeners

The spring 2019 Master Gardener class graduated on April 23, with five new interns representing the AJMPU Unit. Nine Master Gardeners in the unit volunteered 425 hours in 2019. Projects included historic and pollinator gardens at Fort Massac State Park, the unit's community garden, tabling at a farmer's market, and more!



## Planting for the Pollinators Program

Garrett developed and delivered a new program on pollinators, focusing on the addition of native plants to support pollinator populations in residential landscapes. There are more insects (and other critters) than just bees and butterflies that move pollen from one plant to another. Garrett discussed how different plants attract different pollinators and reminded participants to provide both host and nectar plants for butterflies in



order to support their whole life cycle. There were 70 program participants in 2019.

A Master Gardener Know More, Grow More fund has supported the start up of a pollinator garden at the Fort Massac State Park Visitor's Center. Master Gardener Bonnie Grace is leading the project. Two planting days have resulted in a growing native plant garden.

## Master Naturalists

Master Naturalists in the AJMPU Unit volunteered over 875 hours conserving, managing, and interpreting our area's natural resources. Four trainees earned their certification this year after completing 60 hours of volunteer work. The unit gained one new trainee during the spring training at Rend Lake Visitor's Center.



## Cha-Ching! Into the Community Chest

Extension staff members, Susan Odum and Nancy Lambert, launched a new community development program, Cha-Ching! Into the Community Chest. This simulation activity was designed to teach elementary school students the importance of shopping local in a fun, interactive way. The program demonstrates how local spending can support community services including police, ambulance, fire, emergency services, schools, and parks and recreation.

The new educational program also encourages entrepreneurial thinking as the students design their own money, play the board game, and develop their own new business ideas for their community.

Odum and Lambert were pleased to expand their new program into some of our area schools in May of 2019, visiting fifth grade classrooms in Vienna, New Simpson Hill, and Anna to share the importance of shopping local.

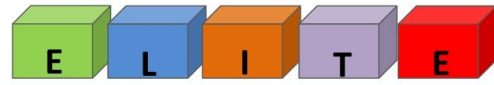


I thought the activity was awesome! You did a fantastic job presenting the game and making it a fun activity for all the students.  
HEATHER REYNOLDS, TEACHER,  
ANNA JUNIOR HIGH SCHOOL



Susan, thanks so much for coming into the 5th grade class and doing the 'Buy Local' activity with the kids. They really enjoyed it and the posters showing the new businesses were awesome!  
JOE NIGHSWANDER, SUPERINTENDENT,  
NEW SIMPSON HILL GRADE SCHOOL

Educate • Lead • Inspire • Tomorrow's • Entrepreneurs



Youth Entrepreneurship Camp

Educate, Lead, Inspire Tomorrow's Entrepreneurs (ELITE) summer camp, held at Shawnee College, offers an opportunity for young people to explore the world of entrepreneurship. During the four-day event, students researched business ideas, drafted a business plan, and presented their business idea to a panel of judges.

In addition, students participated in a field trip to the Anna Baking Company and Kiki's Coffeehouse, and were inspired by Curt Jones, inventor of Dippin' Dots and 40 Below Joe.

For Odum, this is one of the highlights of her year. "Throughout the camp, we challenge the students to learn more about themselves and others, to think outside the box, support one another, and gain the confidence they need to deliver a business plan presentation to their peers, family members, and other invited guests during our closing ceremony on the final day of the camp. It is so exciting to see their transformation from the beginning of Day One to the end of Day Four."



## Engaging Youth in Rural Issues

Odum engaged with the Union County CEO students through a series of simulated activities designed to demonstrate how money flows in and out of local economies, and how local spending funds critical community services. In addition, Odum led the students through an exercise designed to demonstrate the power of the multiplier and challenged the students to identify ways to utilize import substitution to create a stronger, more sustainable local economy.



## Illinois Nutrition Education Program (INEP)

Working with national, state, and local partners, INEP provides basic nutrition, food safety, and food budgeting education to limited-resource audiences. Following are some of the success stories from our INEP community workers:

Community Worker Patsy Bishop shared, "One teacher, Mrs. Julie Jo, said she had noticed most of the children not eating their vegetables even when she tried to encourage them. I challenged the kids to try their vegetables. The teacher had a great idea of making a chart to show who was trying their vegetables. The next time I came the teacher told me that almost all the children tried their vegetables all the time. The children even asked their parents if they could have the vegetable that they had for lunch that day, again for dinner that night."

Community Worker Tiffney Stewart shared, "I was at Vienna Grade School and a mom of a first grade student stopped me to share that her son talks about the Kidney Brothers all the time. She also said he was drinking more water now. She said before she had a hard time getting him to drink much water, but now it is what he asks for the most. She also shared that he even notices when she has something to drink other than water and tells her that she needs to be drinking water more."

Community Worker Sarita Sawyer shared a testimonial from a class participant who said, "I have increased my vegetables and walk more as a result of my Eating Smart Being Active classes."

Community Worker Mandy Huckleberry shared, "Kiki came up to me after class and told me, 'I read the labels at the grocery store and am taking in less sodium now that I am aware of how much I should be getting.'"



## Illinois Junior Chefs

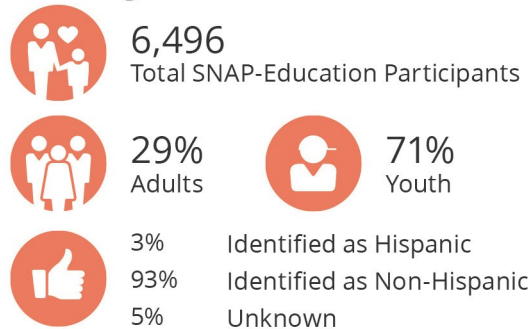
Illinois Junior Chef cooking camps are designed to teach youth, aged eight to 13, about basic food preparation skills, kitchen and food safety, and how to incorporate healthy eating into their lives. Camps were held across the five county unit with youth participating at nine locations.



## 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



## Our Community Partners



## Growing Illinois Food Access

Volunteers in Metropolis, along with AJMPU Unit staff and Master Gardeners, have been working hard to make the Plant A Row, Watch COPE Grow food donation garden in Metropolis a success! The AJMPU Unit hosted a volunteer planting day and had about 30 volunteers come to help plant and beautify the garden. This year, we grew over 250 pounds of produce, all of which was donated to COPE, and all of which has gone home with families in need. We are making plans for next year's crop and look forward to another bountiful year!



## Pumpkin Extravaganza

Garrett and Sadler worked together to put on joint ANR/ SNAP-Ed pumpkin-themed programs for Union and Massac County youth. Over 160 participants attended. Different pumpkin-themed stations, including learning about the life cycle of a pumpkin, learning about different varieties of pumpkins, and tasting pumpkin seeds, attracted a large crowd of eager youth! Pumpkin bowling and basketball got youth moving, while pumpkin painting allowed them to express their creativity.



## Inter-Agency Network for Limited Resource Populations (INLRP)

INLRP offers a forum for community service agencies and not-for-profit service providers to promote their agency and events, network with other providers, reduce duplication of services, and share their expertise by acting as resources to other members. The meetings are held at rotating locations quarterly. Local agencies are invited to participate. INLRP has experienced significant growth in attendance and agencies involved. There are 80 southern Illinois agencies actively participating in the INLRP's correspondence, meetings, and networking opportunities.

## Family and Consumer Science (FCS) Conference

The 12th annual FCS Conference was held on October 17, at Shawnee Community College, with over 35 attendees. The keynote speaker, WSIL Meteorologist Jim Razor, gave a presentation on climate change. Other topics presented were Five Ingredient Fix, Volunteering — Where to Start, It's Time for an Upgrade! Understanding the Benefits of the Smart Grid & Smart Meters for Local Residents, Tree of Life Craft, Rules of the Road & Real ID, Dining Out Without Filling Out, Native Plants for Pollinators, Senior Credit Score, and What's New in the Kitchen.

## Southern Illinois Food Pantry Network

Educator Toni Kay Wright has played a vital role in the successful work we do with local food pantries. The purpose of the food pantry network is coming together to reduce hunger, and improving the health and wellbeing of our communities through access to healthy and nutritious foods, education, resources, and advocacy.

## Tray Waste Study

Plate waste data was collected by University of Illinois researchers and Extension's SNAP-Ed staff on four separate school visits in consecutive months during spring 2019, at Cobden Elementary School.

Serving sliced apples appears to have had the greatest impact on students in Kindergarten through second grade, who showed the greatest decrease on average in fruit waste. Average fruit waste also steadily decreased for children in third and fourth grades. However, it appears that fifth grade apple waste was not impacted by the fruit slicing intervention. It is important to note that there was a different apple variety served in May, which may have contributed to an increase in the amount of fruit wasted in some age groups.

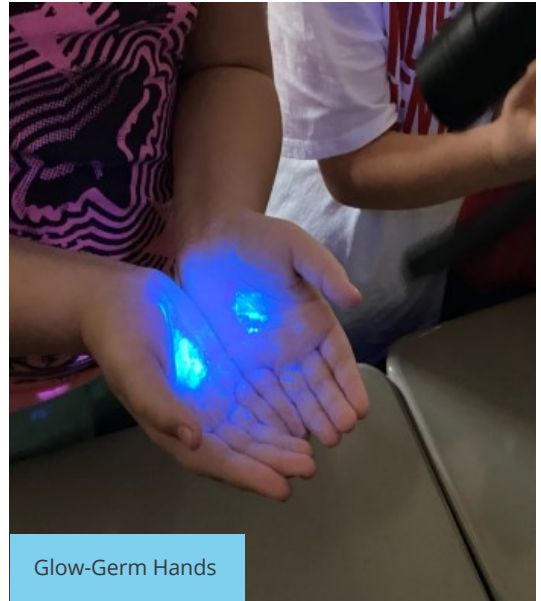
### FOOD WASTE OVER FOUR MONTHS



94.93 lbs.	apples
44.21 lbs.	vegetables
80.25 lbs.	entrées
3.23 gallons	milk



It's fun to be healthy! These pre-K kids at Metropolis Elementary are pretending to eat "GO" healthy foods to get big and strong.



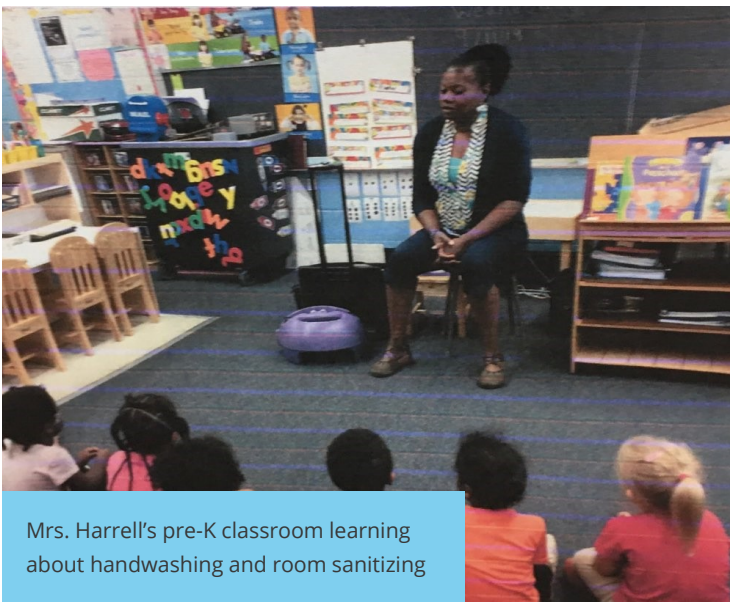
Glow-Germ Hands



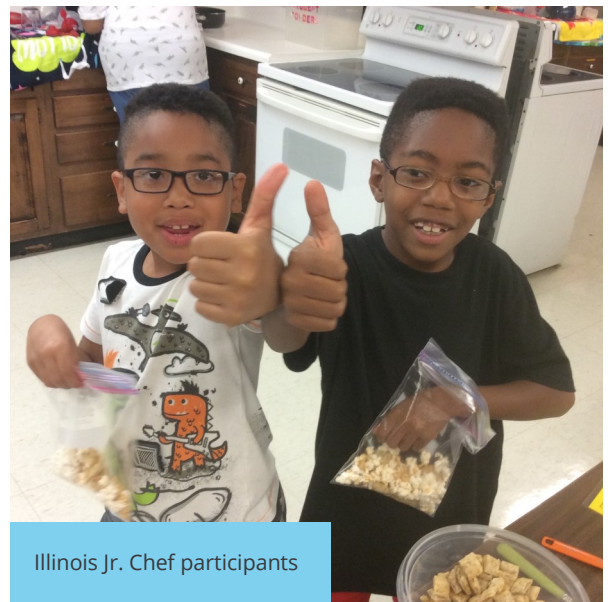
Illinois Jr. Chef Participants



Great Garden Detective



Mrs. Harrell's pre-K classroom learning about handwashing and room sanitizing



Illinois Jr. Chef participants





4-H Teen Teachers



4-H State Award Winners



Graduating Teen Teachers with Honor Cords



Alexander/Pulaski County 4-H General Show Winners



Shooting Sports



Who We Are  
What We Do  
Why it Matters

## Financial Well-Being

**Situation:** In Illinois, residents are financially ill-prepared for the future. Illinois ranks 49th out of 50 states for bankruptcy filing. A survey by the Employee Benefit Research Institute found that only 22% of American workers are confident they will have enough money for retirement, and 64% report knowing they are behind in what they should be saving for retirement (MarksJarvis, 2015).

Poverty is still a major concern in Illinois, despite years of economic growth. Financial hardship and lack of preparedness for unexpected life events contribute to families' difficult financial times.

**Solution:** Welcome to the Real World (WTTRW)! The WTTRW program consists of four parts: career exploration, expenditure decision-making, money management, and choice evaluation. The program includes an active, hands-on activity that gives young people the opportunity to explore career opportunities, and make lifestyle and spending choices similar to those adults face on a daily basis. In addition, there are a series of fact sheets with activities that expand upon the learning that takes place during the simulation. Over 400 youth participated this year!

The participants explore potential careers, or occupations that they would like to pursue in the future. After they choose an occupation, they receive a monthly salary for that occupation. They then proceed through the WTTRW Simulation, deducting taxes, determining a savings amount, paying a student loan, if applicable, and spending their salary on the necessities and other items that reflect the career and lifestyle they have chosen.

Participants commented, "It was great because it showed me life isn't easy! It showed me how much you have to pay for things on your own," and "I realized that it is better to make good choices."



## 4-H Cooking 101

4-H Cooking 101 is a cooking curriculum led by teen teachers, volunteers, and 4-H staff. The curriculum allows youth to learn how to use MyPlate, avoid spreading germs while cooking, measure and mix ingredients, test baked goods for doneness, brown meat, and set the table for a family meal. Family-style eating is also encouraged and modeled.

Each participant that completes six, 10-hour workshop sessions receives cooking curriculum, a project activity log, games, recipes, and much more. In addition to the book, the youth are given an apron and a four-in-one kitchen tool to take home. The 4-H staff takes pride in these workshops where youth are allowed to chop vegetables; learn knife safety; try new foods; wash dishes; utilize ovens, microwaves, hot plates, and griddles; and read nutrition labels.

The 4-H Cooking 101 program is essential for teaching youth life skills. The 4-H team tries to incorporate items commonly found in food pantries to enhance the program and make it as realistic as possible for the youth in deep, southern Illinois. The AJMPU Unit reached over 704 youth in 10 schools with this program in 2019.

## Food Access

**Situation:** Access to healthy food has a major influence on overall health and well-being of individuals and families. One in five Illinoisans has low access to food, and recent reports identify that 270,353 Illinoisans live in food deserts. Many families facing food access issues may also be facing issues of limited transportation, limited financial resources, and other realities of poverty.

**Solution:** Extension is working with stakeholders to increase knowledge and strategies to address food access. Extension has increased student knowledge of how to prepare healthy meals and snacks through Cooking 101 lessons.

## CAN Construction

In another project aimed at solving community food access issues, Extension staff, volunteers, 4-H members, school clubs, and community partners donated canned food to local food pantries through the inaugural CAN Construction event, held at Shawnee Community College on October 24 and 25.

Pictured here are all nine can displays, representing 17 partnerships. All 6,070 cans collected were disbursed to 14 local food pantries after the event.



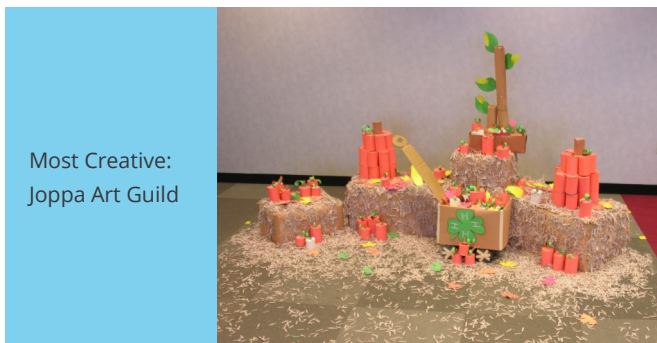
Most Cans Used: Lick Creek 4-H and Union County Robotics



Peoples Choice: Ridge Runners 4-H Club



Most Original:  
Horseshow  
Lakers &  
Egyptian Teen  
Leaders



Most Creative:  
Joppa Art Guild



## Science, Technology, Engineering, and Math (STEM)

**Situation:** A vital STEM workforce is needed to drive innovation in today's global world. Workers lack skills in problem solving, design, programming, scientific inquiry, investigation, independent thinking, and teamwork. Solution: Illinois 4-H is empowering youth to be the inventors, makers, scientists, and engineers needed for an ever-growing STEM world, through programs like Tech Wizards and Robotics.

## 4-H Tech Wizards

4-H Tech Wizards is part of a National 4-H grant. Currently, we have 4-H Tech Wizards in Cobden, Vienna, and Metropolis. The 4-H staff is continuously amazed as we watch the 4-H mentors and tech wizards grow and learn to work with each other and incorporate STEM. Our site coordinators are tremendous advocates for making science exciting and building mentoring relationships. We are looking to expand the program to more locations in 2020.

## Robotics



Union County 4-H Robotics club won the state competition.

Illinois 4-H Robotics participants demonstrate a capacity for science processing skills:

- 92% ask questions about how things work.
- 94% try new things to see how they work.
- 85% compare how different things work.
- 77% take things apart to see how they work.
- 90% come up with ideas for how to build new things.

When asked about the most important thing learned from 4-H Robotics, 181 youth at the 2018 4-H State Robotics Competition responded:

- 38% Skills related to robotics, programming, or coding
- 23% Teamwork and communication
- 6% Getting along with others
- 5% Patience or perseverance
- 4% Fun

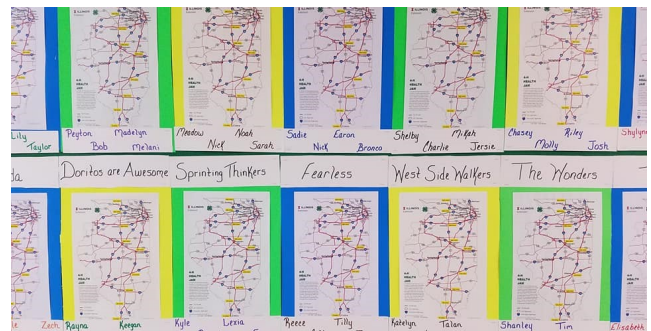
## Health—Prevention & Management

**Situation:** Chronic diseases are the leading cause of death and disability in the United States. They are responsible for seven out of every 10 deaths. About 86% of our annual health care spending is related to chronic disease. The average American child spends 44 hours a week (more than 6 hours a day) staring at some kind of electronic screen. Since the mid-90's, obesity among children aged 6 to 11 has more than doubled, while it has tripled for adults. An estimated 50% of the U.S. population does not get the recommended amount of daily activity.

## Health Jam

**Solution:** 4-H Health Jam brings health careers alive for youth in a nine-week program that introduces youth to a variety of health profession careers, engages young people in creative exercise, and teaches them how to keep their bodies healthy. Local hospital staff showcase their departments, explain their role in patient care, and engage participants in hands-on activities. Youth also participate in multiple types of physical activity to help them learn how to increase their daily physical activity, including Walk Across Illinois. Working in teams of four, youth complete 30 minutes of daily physical activity, the equivalent of walking two miles. During the eight weeks, teams will "walk" 448 miles from northern Illinois to its southern tip.

By participating in 4-H Health Jam, youth will increase their understanding of the relationship between physical activity and personal health, increase their awareness of health profession careers, complete the eight-week Walk Across Illinois challenge by engaging in 30 minutes of daily physical activity, become physically fit, and develop habits that reduce the risk of chronic disease.



This year, fourth and fifth graders at Goreville and Century schools participated.

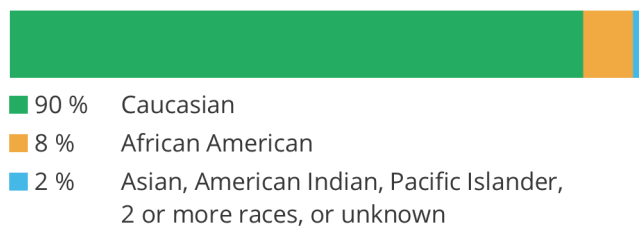
## Serving Youth in Alexander, Johnson, Massac, Pulaski, and Union Counties

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



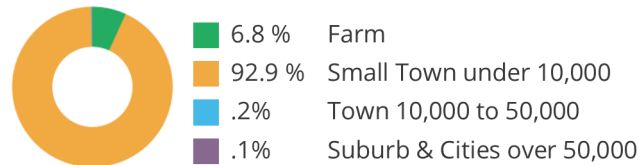
### RACE



### ETHNICITY



### RESIDENCE



## International Night

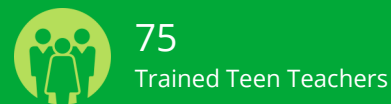
On March 15, 2019, more than 300 people, 4-H members and their families, from the five southernmost counties in Illinois, explored their world at the 4-H International Night at Shawnee Community College. 4-H clubs highlighted countries through displays and foods to sample. Thirteen clubs represented 10 different countries. Awards were given for Most Knowledge of Country (Clever Clover, Belize), Most Creative (Goreville Lucky Leaders, Germany), Best Display (Happy Hillbillies, Switzerland), Best Food and Highest Club Participation (Horseshoe Lakers, Puerto Rico). A great time was had by all.



## 4-H Shooting Sports

Shooting sports sessions were held at the Jack Gordan Gym in Vienna. Air rifle, air pistol, and archery disciplines were taught in early spring of 2019. Shotgun and .22 pistol were held at Tall Tree Lake in late spring. 4-H members from all five counties were invited to participate. All disciplines saw record high attendance. Braden May from Massac County participated at the state level in air rifle during the summer, finishing third. He will help represent Illinois at the national competition in June 2020.

The 4-H team is empowering and encouraging youth to become teen leaders and tomorrow's future through innovative teen training and strong school partnerships. By promoting teen leadership and valuing the importance of community service, youth will become more active and engaged citizens.



## Celebrate Youth Conference

The Celebrate Youth Conference was held at Shawnee Community College on May 21, 2019, with 300 youth participating. The conference was sponsored by University of Illinois Extension and Shawnee College. Twenty-two different workshops were offered for seventh grade youth from Alexander, Johnson, Massac, Pulaski, and Union counties. Celebrate Youth is a meaningful program that promotes self-esteem and career exploration, while celebrating participants' spirit and helping youth realize their potential. Students attended a variety of workshops aimed at increasing their self-esteem and allowing them to learn while having fun. Motivational speaker, Julian Watkins, delivered the keynote address.

Workshop topics were chosen at a planning meeting in the fall by seventh grade students representing each school. Workshops were taught by individuals from a wide range of local organizations.



MyPI offers teens an opportunity to make a profound difference in their homes and communities by completing a service leadership project called Prep + 6. These students assemble disaster supply kits in their own homes and help six other families do the exact same thing. They also put together a family communication plan for their home and help with six others. Students also complete a Federal Emergency Management Agency (FEMA) curriculum to become a Certified Emergency Response Team (CERT) member. The curriculum teaches students basic disaster preparedness, fire science, medical operations, light search and rescue, CERT organization, disaster psychology, and terrorism.

Ten students started the program in the spring of 2019, with nine graduating. In the fall of 2019, eight students from the Massac County High School certified nursing assistants (CNA) class participated.



**American Community Gardening Association (ACGA) National Conference**  
Educator Garrett presented “A Recipe for Feeding Rural Food Insecure Communities” at the ACGA National Conference in Indianapolis. Her presentation demonstrated how combining a food donation garden, community kitchen, and food pantry provides a strong foundation for addressing food insecurity in rural communities. The presentation included a food insecurity simulation, which was a pilot project developed by Sadler and Garrett.



### Safety Day Camp

Every year in September, Extension partners with Farm Bureau and other agencies to provide safety education at the Vienna Park to fourth graders in the five southernmost counties. This year, 313 students participated with the help of 78 volunteers. A variety of safety stations offered lessons on poison look-a-likes; bites and stings; farm and lawn equipment; roadway, firearm, electrical, fire, and poison safety; how to use first aid/911; and the importance of physical activity. 4-H staff supplied volunteers with lunch and a much needed break at midday.



### Financial Report

Below is the distribution of dollars (as a percentage of total revenue) that University of Illinois Extension serving Alexander, Johnson, Massac, Pulaski, and Union counties collected during fiscal year 2019 (July 2018 – June 2019). Because of the commitment of local funds by our county governments, Extension administration has committed more Federal-Smith Lever fund to the Unit. This has enabled the unit to hire additional staff.



- 36% Federal - SNAP
- 34% Federal - Smith/Lever
- 2% Donations
- 14% Local
- 14% State



Jody Johnson  
Multi-County Director

**Program Coordinators:  
4-H & Youth Development**

Robin Mizell  
Vickie Taylor  
Dena Wood

**Program Coordinators:  
IL Nutrition Education**

Lindsey Sadler

**Community Workers:  
IL Nutrition Education**

Patsy Bishop  
Sarita Sawyer  
Tiffany Stewart

**Office Support Staff**

Tami Crest  
Brenda Hileman  
Monica Reid



Kristi Stout  
4-H & Youth Development  
Educator



Erin Garrett  
Energy and Environmental  
Stewardship Educator



Johnson County - Vienna



Union County - Anna



Massac County - Metropolis



Alexander/Pulaski - Mounds



## Purpose of the Extension Council

The Extension council is authorized by the University of Illinois Board of Trustees, in accordance with state law, to be actively involved in the operation of University of Illinois Extension. Extension councils cooperate with Extension staff in planning, promoting, developing, implementing, evaluating, and financing an Extension program designed to meet the needs, interests, and resources of the local communities served.

## Purpose of the Extension Council

The purpose of the Extension board is to facilitate effective cooperation between the Extension Council and the county governing board.

County	Council Members
Alexander/Pulaski	*Deborah Johnson Alsandra Lewis Rhonda Ray McKenzie Reagor Anganetta Terry
Johnson	*Nancy Ford Kirsten Goins Rhonda O'Neal Jonathan Voelz *Phyllis Webb
Massac	Norma Korte *Orlando McReynolds *Pearl Meadows Judy Parr
Union	*Chris Boyd Margarita Bartolo Greg George

\* Extension Board Members

## OTHER UNIT STATISTICS

Programs



933

Programs led by unit staff and volunteers

Volunteers



603+

Volunteers supporting our programs

People



18,833

People directly reached through our programs

Web



1,636+

Page views on AJMPU Unit webpages

Facebook Reach



18,238+

People reached by our Facebook posts

Facebook Posts



469+

Posts to the AJMPU Unit Facebook pages

## OFFICE LOCATIONS

Alexander/Pulaski County Extension  
502 Oakley Lane  
Mounds, IL 62964  
(618) 745-5200  
Fax: (618) 745-5201

Johnson County Extension  
208 East Main Street  
P.O. Box 158  
Vienna, IL 62995  
(618) 658-5321  
Fax: (618) 658-2028

Massac County Extension  
1438 West 10th Street  
Metropolis, IL 62960  
(618) 524-2270  
Fax: (618) 524-3948

(by appointment only)  
Shawnee College  
8364 Shawnee College Road  
Ullin, IL 62992

Union County Extension  
515 East Vienna Street  
P.O. Box 604  
Anna, IL 62906  
(618) 833-6363  
Fax: (618) 833-6304

All offices open Mon - Fri,  
8 am - 4:30 pm  
Closed noon - 1 pm

## ONLINE



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Cover photos: (top) Plant a Row, Watch COPE Grow garden in Metropolis, (bottom left) Flag at CAN Construction event, (bottom right) Students at New Simpson Hill Elementary were exposed to forestry and natural resource projects available through 4-H during a tree planting program in their school yard.

### University of Illinois ~ U.S. Department of Agriculture ~ Local Extension Councils Cooperating

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.