



2017 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION
SERVING CLAY, EFFINGHAM, FAYETTE
and JASPER COUNTIES



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Don't worry! The correct logos will be added before everything goes to print.



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A Note from the Director



On behalf of University of Illinois Extension and the staff serving Clay, Effingham, Fayette and Jasper Counties, I want to personally thank you for your continued support. In 2017, Extension serving our four counties, began to experience growth and welcomed a new SNAP – Ed Educator and 4-H Youth Development Educator to

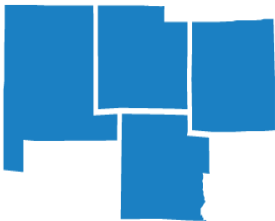
our team. In addition to these two educators, we also began national searches for a Horticulture Educator and a Watershed Specialist.

In 2017, Extension also welcomed Dr. Kimberlee Kidwell, Dean, College of Agriculture, Consumer and Environmental Sciences with a visit to the Unit and an open house to meet and greet residents of Clay, Effingham, Fayette and Jasper Counties.

During the past year, Extension embarked on the question, “What do we do and why does it matter?” I can answer this by stating that our commitment remains strong to bring you relevant, reliable and responsive education to improve lives and economies throughout the communities in which we live, work and play. University of Illinois Extension continues to adapt to meet the local needs of our clientele and will continue to serve our local communities for years to come. University of Illinois Extension is part of the solution to the challenges we face in Illinois, and we are looking forward to addressing those challenges with our local partners.

Extension is thankful for the local support from County Boards as well as local Farm Bureaus, 4-H and Extension Foundations, Home and Community Education Associations, and individuals and business contributions.

We are excited about the 2018 year and the programs Extension will be delivering throughout Clay, Effingham, Fayette and Jasper counties. Visit our website often for upcoming programing, calendar of events, news releases and additional research based information. I look forward to our continued relationship as we build for the future.



Carl Baker



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Unit 21 Welcomes Educators



Michelle Fombelle joined the staff at the University of Illinois Extension, serving Clay-Effingham-Fayette-Jasper counties as the new Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Extension Educator.

She is a graduate of Southern Illinois University with a Master of Public Health degree as well as a graduate of Illinois State University with a Bachelor of Science degree in Community Health Education. She is also a Certified Health Education Specialist (CHES).

During her community health career, Fombelle has worked as a health educator at Sarah Bush Lincoln Hospital, SIU Wellness & Health Promotion Services Office, SIU School of Medicine Center for Rural Health & Social Service Development, and the Health Education Resource Center (HERC) at Eastern Illinois University. She believes that using her knowledge and insights from these experiences will help the SNAP-Ed program thrive and grow in Clay-Effingham-Fayette-Jasper counties.



Specializing in 4-H youth development, Dana Homann joins the Unit 21 U of I Extension coming from Coles, Cumberland, Douglas, Moultrie and Shelby counties to provide educational experiences for youth in a variety of settings.

She works with 4-H clubs, members and leaders, as well as area schools and U of I Extension staff to promote life skills development for youth. Her primary responsibility is to deliver 4-H youth development educational programs designed to meet the needs of youth, volunteers and organizations serving youth.

Homann holds a bachelor's degree in child development with a minor in social work from Western Illinois University and a master's degree in guidance and counseling from Eastern Illinois University. Dana began her career with Extension in October, 2000.



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Fayette County Master Gardeners

In 2017, Vandalia's Little Community Garden continued to provide fresh produce to local food pantries, retirement homes, the Senior Citizens Center and Fayette County Hospital Long Term Care. Now in its 16th year of operation, the community garden provided over 2,000 lbs of fresh produce to its recipients.

Fayette County has nine Master Gardeners – Jennie Grimsley, Pam Yates, Thais Ledbetter, Terri Braun, Gina Welbourne, Randy Harrison, Carrie Hill, Sid File and Joan Clayton (honorary). These hard workers, along with a host of volunteers have created not only a very functional and important part of the community but also continue to add new ideas each year. Recently added are the flower garden and the educational garden. The new areas have been created through local gardeners' creativity, commitment and desire to make the garden an attractive, pleasant and serene place to visit. Each year, the Master Gardeners sponsor the Harvest Festival in Vandalia. The festival is packed with vendors selling their local products. In addition to the festival, the Master Gardeners and volunteers find time to work with the YMCA at Healthy Kids Day, Kaskaskia College for a gardening program for children and U of I Extension/Farm Bureau's Farm to Family Ag Tour.



Pictured above at Vandalia's Little Community Garden are Master Gardeners Pam Yates, Sid File and Jennie Grimsley.



Pictured above at the Effingham Community Garden are Master Gardeners/volunteers Sherry Davis, Janet Kennedy, Larry Johnson and Darlene Richardson .

Effingham County Master Gardeners

The U of I Master Gardeners of Effingham County donated over 390 hours of their time to help the community learn and grow in 2017. For the fifth year in a row, they opened and managed the Effingham Community Garden, and provided garden patrons and members of the community on-site learning opportunities through events like their annual Pollinator Garden Tour. In addition to helping the community garden thrive, Effingham Master Gardeners provided a variety of fun and educational programs at local community events. They also held their yearly Spring Plant Sale at the Effingham County Extension Office to raise funds and support new and continuing Master Gardener programs and initiatives.





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Master Gardeners Partner with Summer Youth Program



In the summer of 2017, Extension partnered with Little Lambs Summer Youth Program to teach attendees about soils, cultivation, planting and harvesting of vegetables. Lead by U of I Extension Master Gardeners and the 4-H Extension Program Coordinator, volunteers and staff educated youth about agriculture and gardening. The goal was to provide hands on experiences and show the impact that farming and gardening play on the daily lives of our communities. At the end of the program, youth were able to sample the various produce raised in the garden.



Above, students from Little Lamb in Effingham plant a raised bed garden with the help of U of I Master Gardeners and the Effingham 4-H Program Coordinator.



Unit 21 Master Naturalists

In 2017, our new Master Naturalists participated in continuing education programming as well as volunteer hours. During the spring U of I Master Naturalists spent several volunteer hours assisting Ballard Natural Center with clean-up of the education center entrance and revitalization of the playground area. In June, the Master Naturalists traveled to Lincoln Trail in Marshal Illinois. Shown in pictures above and below at Lincoln Trail, Master Naturalists spent numerous hours with Extension Educator Dave Shiley expanding their tree identification knowledge. Lincoln Trail is one of a few areas that is still home to an American Beech Tree grove.





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SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-Education)

SNAP-Education works with limited-resource audiences to make healthier choices where they eat, shop, live, play and learn in their communities. Through classes and workshops, and by working towards policy, systems, and environmental changes, SNAP-Education positively impacts the nutrition and activity choices of people and communities we serve.

Serving Local Residents



2,101

Total SNAP-Ed Participants



91 (4%)
Adults



2,010 (96%)
Youth



47 (2%)

Participants Who Identified as Hispanic

RACE OF PARTICIPANTS

- 97% White (2,036)
- 3% Black (56)
- 0% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (9)

Our Partners



12

K-12 Schools



4

Community Centers



4

Youth Centers



14

Early Childhood Centers



6

Food Pantries and Food Banks

Area Schools Participate in Smarter Lunchrooms

St. Elmo Elementary School, Brownstown School District #201, Ramsey School District #204, Neoga School District #3, Vandalia School District #203 are actively participating in Smarter Lunchrooms. A Smarter Lunchroom is one that nudges students towards selecting and eating nutritious foods. Over 30 million children are fed by the National School Lunch Program (NSLP). This program is an opportunity for kids to select and consume a balanced diet. The Smarter Lunchrooms Movement applies research-based principles that lead children to make healthy choices when provided with the full spectrum of choice. Smarter Lunchrooms demonstrates four core values including low cost/ no cost solutions, lunchroom environment focus, promotion of healthful eating behaviors, and sustainability.

The goal of the Smarter Lunchrooms Movement is to change student's behaviors through the application of evidence-based lunchroom focused principles that promote healthful eating. The assessment consists of 100 potential checkmarks to evaluate the lunchroom, congratulate staff for things they are doing well, and identify areas of opportunity for improvement.

Does it really work? All of the Best Practices and lunchroom solutions that the Smarter Lunchrooms Movement endorses have been studied and proven effective in a wide variety of schools across the nation. The Cornell Center for Behavioral Economics in Child Nutrition Programs (B.E.N. Center) applies experimental research from the Cornell Food & Brand Lab to school lunchrooms. For example, moving and highlighting fruits increased sales by up to 102% and giving vegetables a new name increased selection of vegetables from 40%-70%.





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Food Sanitation Class

The University of Illinois Extension staff taught a Food Service Sanitation Manager Course open to the public in August 2017. The course provided the minimum classroom work to prepare for the National Certificate Examination. The Illinois Department of Public Health's Food Service Sanitation Code requires all food establishments be supervised by a certified food service sanitation manager during all hours of operation.

Area Pantries Partner with Extension

The University of Illinois Extension's SNAP-Education program partnered with Catholic Charities and Shumway Freedom House Food Pantry this year in order to complete the Nutrition Environment Food Pantry Assessment Tool (NEFPAT). This tool allows Extension staff to help food pantries in identifying current best practices and potential opportunities to enhance the emergency food environment. Areas include increasing client choice for nutritious options, marketing & nudging healthful practices, providing various types of fruits & vegetables, promoting additional community resources, and plans for alternate eating patterns. SNAP-Education Extension Educator, Michelle Fombelle, assisted collaborating pantries in ways to improve their score and providing resources for their pantry.



Shown is the Shumway Freedom House Food Pantry shelves.

Illinois Junior Chef at Little Lambs Early Childhood Center

University of Illinois Extension SNAP-Education collaborated with Little Lambs Early Childhood Center in order to offer Illinois Junior Chef this summer. Little Lambs Early Childhood Center has a new location open to school aged children during the summer. SNAP-Education provided five cooking lessons over five weeks teaching approximately twenty children in each lesson.

Illinois Junior Chef offers a series of kid-friendly cooking classes. Illinois Junior Chefs is a great program for children 8 to 13 years old to learn basic cooking skills while having fun. The class includes easy tasty recipes, tips to stay safe in the kitchen, and tips on eating healthy.

Summer Chili, Apple Carrot Salad, Veggie Quesadillas, and Pumpkin Pancakes are just a few tasty recipes prepared during University of Illinois Extension's Illinois Junior Chefs program.



UIE Offers Free Professional Development Opportunities

In 2015, University of Illinois Extension partnered with the Illinois State Board of Education to become a statewide provider of professional development opportunities for school nutrition professionals across Illinois. The training and workshops provided by this partnership satisfy the new USDA Professional Standards requirements for school nutrition professionals, as well as aim to support any additional training needs of Illinois school food service staff.

Vandalia Community Unit School District #203 school nutrition professionals completed their required professional development training in March 2017. SNAP-Ed Extension Educator, Michelle Fombelle, led the training.

Janine Lotz, Vandalia School District Food Service Director, said, "Michelle did a great job presenting all the topics. The U of I Extension allows us to choose the best time for our personnel to attend the training and having the workshop at our school was very convenient. "

She also enjoyed the convenience of a smaller group.



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SNAP-Ed School Programs

Jo Stine, Fayette County Community Worker/SNAP-Ed, visits 31 classes in Brownstown, St. Elmo, Ramsey and Vandalia Grade Schools once a month throughout the school year. She sees approximately 565 students ranging from kindergarten -2nd grades. The curriculum used for these programs is “OrganWise Guys”.

Erin Maxwell, Clay County Community Worker/ SNAP-Ed, visits 26 classes in Clay City, Flora and Louisville once a month during the school year. She sees around 494 students from kindergarten—2nd grades using the “OrganWise Guys” curriculum. The key concepts are:

- Learning about our organs and their functions
- Reinforcing that everyone is different on the outside, but the same on the inside
- Promoting physical activity • Making healthy food choices
- Drinking plenty of water to keep our organs healthy.

Food Pantries

Jo visits St. Elmo Food Pantry and Erin visits the Clay County Ministerial Alliance Food Pantry every Monday. They stress the importance of healthy eating and budgeting. They both provide recipes, handouts, and calendars to the clients.



Jo Stine programs in grades Kindergarten through 2nd.



Erin Maxwell with a display set up at Catholic Charities in Effingham.

Pre-K Classes

Jo teaches “Color Me Healthy” curriculum to 3-5 year olds. She sees approximately 165 students in the schools as well as Head Start Classes. Color Me Healthy is a nutrition and physical activity program that is designed to stimulate the senses of young children: touch, smell, sight, sound, and of course, taste. It uses color, music and exploration of the senses to teach children that healthy eating and physical activity are fun.

Erin uses the curriculum “Color Me Healthy” to teach pre-school aged children, 3 to 5 years old. She visits the Buckeroo Early Education Center ROE pre-school class, Flora Elementary pre-school classes, Head Start, and North Clay Elementary pre-school classes.

St. Elmo Library

This is an after school program partnering with the St. Elmo library monthly for K-2nd grade students. This program covers story time, craft time, snack time, and physical activity time. The attendance varies from 40-65 students. Jo uses the curriculum “Catch Kids/Spark” to teach the importance of healthy eating and physical activity.

Beyond the Bell

Erin provided lessons on nutrition and physical activity twice a week to the after school program in Clay County during the month of June and July 2017. Between 10 to 15 students participated each session. Both the CATCH (Coordinated Approach to Child Health) and SPARK (Sports, Play, and Active Recreation for Kids and Coordinated Approach to Child Health) curriculum was used.



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Farm to Family Ag Tours

University of Illinois Extension and Illinois Farm Bureau provide a unique opportunity to homeschool families called Farm to Family Ag Tours.

The program features a monthly tour, visiting local farms and businesses, where families can discover the importance of agriculture in their local communities.

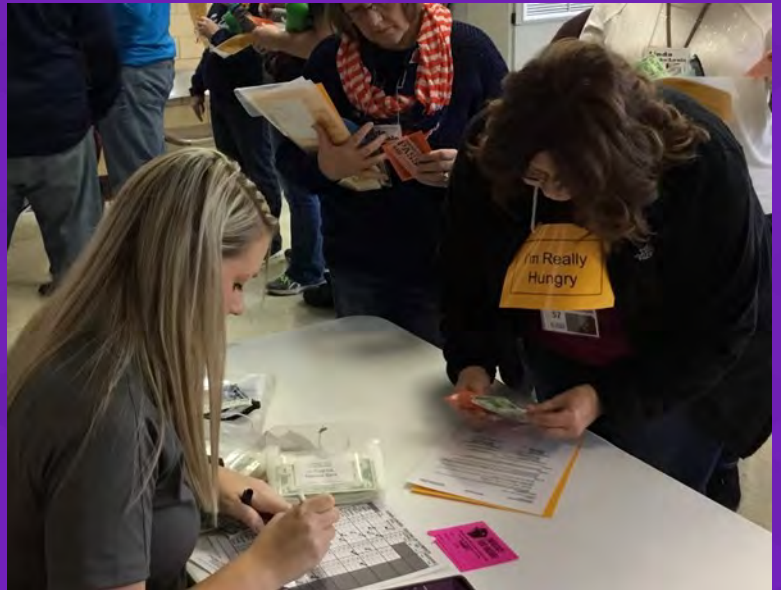
The goal is to provide a fun, educational experience for youth and adults alike.

On January 26, 2017, 38 participants took a 10:00 a.m. tour of The Equity in Effingham. The Equity has four grain elevators located in Effingham, Alma, Horace, and Strasburg with the Effingham and Horace elevators being located on mainline railroads. After a quick lunch at the Effingham Extension Office, the group was treated to a tour of the Walton & Haarmann Vet Clinic on Jefferson Avenue in Effingham.

Eight participants came out on March 30, 2017 to learn about the dairy operation at B-Willenborg Farms in Vandalia. This large family farm, which has been in operation around 40 years, milks approximately 350 dairy cows per day. After lunch at the Fayette County Farm Bureau, the group ventured on to tour Vandalia's Little Community Garden. Fayette County Master Gardeners started the garden in 2002 and have since shared the abundant amounts of produce each year with local food pantries to help feed the hungry.



In the above picture, children feed the calves which will someday become a part of the milking operation at Willenborg Farms.



In the above picture, participants live through a simulated month of making choices to try to feed their families.

Poverty Simulation

The Poverty Simulation is a role playing exercise that puts attendees in real life family scenarios that are facing daily challenges. In an ever changing environment, we as a society are seeing more and more families living below the federal poverty rate.

The issue of poverty is a concern in Clay, Effingham, Fayette and Jasper counties. In the four county area the percentage living in poverty ranges from 9% - 17%. The number of children on free or reduced breakfast and lunch in our schools continues to grow. In our four county area, there are 20 schools that have over 50% of their student body on free or reduced breakfast and lunch. The numbers are both staggering and alarming. The Poverty Simulation lets the participants live through a simulated month having to make the tough choices for themselves and members of their immediate family. In 2017, members of the Extension staff conducted numerous simulations resulting in over 450 attendees participating. During the three hour program participants experience the simulation followed by a debriefing followed by "What now – where do we go from here?"



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New Business Incubator

One of the new sites for the Effingham Regional Incubator Network ERIN was completed in Newton. The site is adjacent to the Jasper Chamber of Commerce and also by the meeting room for the Jasper County CEO class. The new cubicles provide start up entrepreneurs the opportunity to have a public location, meeting room, wi-fi, office equipment and the important ability to network with other entrepreneurs.



Pictured above from left: Ken Larimore CED Extension Educator, Natalie Hopson Executive Director of the Chamber (and newly elected Chair of the Extension Council), Jodi Thoele assisting in marketing ERIN and Craig Lindvahl Executive Director of the Midland Institute of Entrepreneurship.

Department of Urban and Regional Planning DURP Class Project

Extension staff keeps open communication with the other University of Illinois staff to make their research available to the rest of Illinois and beyond. In this example the DURP class keystone project was to assist Jasper County and the City of Newton in bringing their comprehensive plan up to date with modern concepts as taught by their instructor Bev Wilson, Associate Professor of Urban and Regional Planning. It was a great project for the

residents. The DURP students from around the world also seemed amazed by visiting the rural community. The picture below shows the DURP students touring the Newton museum.



Community Swap Programs

Ken Larimore facilitated a Community Swap program with the City of Arcola and Monticello. The program is basically groups from each community touring and preparing reports for the other community. Then the groups present their findings to the other community so that communities can learn what others see as they visit and how they can build on their strengths. In a few months, they can revisit their goals to gauge their accomplishments. The picture below shows a few of the leaders from Arcola presenting to the residents of Monticello.





P2D2

The program is called P2D2, which stands for Prescription Pill and Drug Disposal. For many years, people have been told not to throw away old medicines but to flush them down the toilet. However, these drugs are getting into the waterways causing such problems as drug resistance, hormone and fertility problems, as well as an increase in cancer.

Scientists with the USGS (United States Geological Society) tested over 130 rivers, streams, and other waterways in the U.S. and found the following pharmaceuticals in over 80 percent of those tested: antibiotics, anti-depressants, birth control pills, seizure medication, cancer treatments, pain killers, tranquilizers, and cholesterol-lowering compounds. In addition to this, 72 percent of drug related incidents come from medicines in the medicine cabinet.

The Effingham County 4-H Youth Ambassadors took action in 2011 securing funds and 10 locations in Effingham County for the public to recycle their medication. Along with the help from the Effingham County Sheriff's Department over 7,500 lbs. of prescription medications have been eliminated from our waterways.

In 2016, members of the ECYA helped properly dispose of 720 pounds of unwanted or unused medications and in 2017, the youth assisted the Effingham County Sheriff's Office to properly dispose of 1187 pounds of unwanted or unused medications. Through proper disposal, unwanted or unused medications are kept from polluting our waterways and ecological systems providing for a safer and healthier environment for generations to come.



Easter Eggstravaganza

Youth enjoyed a day exploring the many youth organizations in Effingham County. The Effingham County 4-H Youth Ambassadors taught youth about butterflies, rabbits and ducks. Above, participants were able to make their own craft, while parents learned more about the many opportunities their child can explore in 4-H.



Above, students attending the drone workshop learn to fly the drone they have selected and specially designed.

Introduction to Drones Workshop

The drone program is a hands-on engineering design challenge that explores the science behind drones and how they are being used to solve real world problems. On May 25th youth from Little Lambs afterschool program learned everything from flight dynamics, aircraft types, safety and regulations, to remote sensing and flight control. The goal was to make science fun and to give kids an opportunity to spark an interest. This is a way for young people to find out that science can be fun and hands-on. Youth at Effingham Little Lambs learned how drones are used in today's world while learning all about flight.



2017 Clay County Conservation Day

The Clay County Extension hosted the 2017 Conservation Day on May 4, for all of the 5th grade students in Clay County. This year we had 180 students attend from 4 different schools in Clay County. The students had eight different stations that they rotated through to learn different topics related to conservation. The eight topics included taxidermy, honey bee challenge, wild turkey federation, soil conservation taught by the Flora FFA, conservation jeopardy, build your own terrarium, pedal power bike, and the master gardener's made seed bombs with all of the children. By visiting these different stations, the students were able to learn different topics on conservation and how they can have an impact on their environment.

Clay County Drone Activities

Clay County had several local organizations interested in a drone activity presented at various events over the past year. The Clay County Electric Annual Meeting was held on August 24 where Extension Staff hosted a drone activity for around 40 children. The children were able to make and decorate their foam airplanes or "drones", attach the camera and fly their airplanes outside. After they had flown their drones they were able to watch the video of their drones in action. This activity was also presented for the Clay County Hospital Health Expo on October 14 where around 20 children participated.



Above, children decorate drones before attaching the camera in preparation for flight.

Clay County Rabbit Workshop

The Clay County 4-H hosted a Rabbit Workshop on June 17 at the Clay County Fair Grounds. Ten youth attended this workshop to learn more about their rabbits dietary needs, care and handling of their animal and expectations for the day of the rabbit show. The workshop wrapped up with a time for questions participants might have. This workshop allowed for youth to develop a better knowledge of their 4-H projects.



Above, 4-Hers attend a Rabbit Workshop on June 17 in Clay County.

National 4-H Day of Service

On April 29, 2017 4-H members from Clay County came together to participate in National 4-H Day of Service. This year's community service for Clay County included partnering with two of the local animal shelters, "For A Good Paws" located in Flora and the other in Louisville, "Clay County Animal Rescue & Shelter". 4-H Members were presented with a variety of ways they could help with these two organizations. They could donate various items such as dog food, cat food, toys, and treats or they could come out for the day and help with walking or playing with the animals, clean kennels or various other tasks that might be needed. 4-H members came together and had a great time giving back to these local organizations during the National 4-H Day of Service.



Jasper County Afterschool Adventures

Jasper County Extension offers “Afterschool Adventures” to Jasper County youth in the 3rd – 6th grades once a month during the school year. The Afterschool Adventures focus on the various 4-H projects offered through the 4-H program. Participants have an opportunity to join a 4-H club but many are content participating in the after school program only.

The Jasper County Extension organizes each session and experienced local volunteers present the subject matter. Jasper County 4-H Ambassadors and Federation members also assist the youth with the various sessions developing leadership skills. Over 250 youth participated in the Afterschool Adventures program this past year. Sessions included cooking, drones, and visual arts; painting and crafts.



Above, children participate in Jasper County Afterschool Adventures.



Above, children gather to see the eagle during Jasper County Conservation Field Day.

Jasper County Conservation Field Day

Jasper County 6th Grade Students had the opportunity this fall to take their classroom outdoors for the Jasper County Conservation Field Day program sponsored by the Jasper County Soil and Water Conservation District and the University of Illinois Extension in Jasper County.

The students had the privilege of using Sam Parr State Park as their classroom where they were presented with information concerning Our Planet Earth, Forestry, Aquatics and the Prairie Chicken Sanctuary in Jasper County. The Jasper County SWCD also tested the 6th graders’ knowledge about conservation with conservation Jeopardy. The program was concluded with a visit from the Illinois Raptor Center. The students were able to see the birds they normally see high in the sky at ground level. At the conclusion of the program, the students were treated with the presentation of a bald eagle.

To complete the conservation education, each student completed a project focusing on one conservation area. The Jasper County Extension and the Jasper County SWCD have been able to bring this program to the 6th grade students in Jasper County for over 30 years with the cooperation of the Jasper Community Unit 1.



Winter Craft Workshop

The holiday season often includes making gifts and treats to share with others, and that is just what Fayette County 4-H youth did on December 9. The 14 participants decorated coffee mugs, made chalk art, and enjoyed hot chocolate while decorating Christmas tree brownies.



Above, 14 attendees of the Winter Craft Workshop held in Fayette County, show off their chalk art.

YMCA Cooking School

Fayette County 4-H partnered with the Fayette County YMCA to host a five week youth cooking school in November and December. The 15 participants, ages 8-13, learned about food safety and preparation techniques, whole grains, fresh fruits and veggies, lean protein, and calcium-rich foods. Each week the students prepared their own snack and took home recipes to try.



Pictured above are 9 of the 15 participants in the 5 week YMCA Cooking School .



Fourth graders from the Ramsey Grade School are shown above during the 6 week Cooking School.

Ramsey Cooking School

Each year, 4th graders from the Ramsey Grade School have the opportunity to participate in an afterschool cooking program led by volunteer MaryAnn Rhoades. Above, 15 students partook in the six week program making recipes from the 4-H Cooking 101 project guide.

Fayette County Sewing Workshop

On April 13, six 4-H members put their sewing skills to work, with the assistance of Fayette County HCE volunteers. Each member made two pillow cases, donating one to the Fayette County Sheriff's Department.

YMCA Healthy Kids Day

As part of the national initiative to improve the health and well-being of kids in our community, the Fayette County YMCA hosted Healthy Kids Day on April 29, 2017. The Fayette County Master Gardeners and Fayette County 4-H set up activity stations for the youth to explore, alongside many other community groups. Over 160 kids participated in 4-H's STEM craft and the Master Gardeners' vegetable project!





WELCOME TO THE REAL WORLD

University of Illinois Extension is offering the **Welcome to the Real World!** program to local schools as an experiential learning curriculum on career exploration, decision-making and money management. The interactive, hands-on, real-life simulation gives junior and senior high youth the opportunity to explore career opportunities and make lifestyle and budget choices.

The participants explore potential occupations that they would like to pursue in the future. After they have completed the career exploration portion of the program, students then proceed through the **Welcome to the Real World!** simulation.

In the simulation, participants assume that they have completed basic educational requirements for their careers and are single, 25 years of age and live on their own. They receive a monthly salary for their occupation, deduct taxes, determine a savings amount, pay a student loan payment, if applicable, and spend their "salary" on the necessary and other items for the following categories: clothing, entertainment, groceries, housing, insurance, transportation, and utilities. We recruit community leaders and business people to oversee the expenditure category associated with their expertise. After each choice, they make a deposit, use a debit card, make an online payment, write a check, and balance their check register.

At the conclusion of the activities, students evaluate how well they spent/saved their money. They consider the choices they made and discuss what alternatives might be taken in the real world.



May 2, 2017. Brownstown High School seniors (41) participated in the Welcome to the Real World



55 volunteers from Clay, Effingham, Fayette and Jasper Counties worked together to package over 11,000 meals.

4-H Food Packaging Event

The University of Illinois Extension Unit 21, serving Clay, Effingham, Fayette, and Jasper counties, sponsored a Food Packaging Event on Saturday, October 21. The event was held at the Pearson Building on Lake Sara, Effingham. 55 volunteers worked together to package over 11,000 meals that will be distributed to local food pantries.

Although Illinois is a leading producer of agricultural commodities, one in five Illinois children experiences hunger. 4-H is answering the call to help struggling families in their local communities through the 4-H Feeding and Growing program.

"Food insecurity threatens the health of children and families across the state, from very rural to our urban areas," said Bill Million, Extension 4-H Youth Development State Specialist. "4-H Feeding and Growing teaches youth to assess the needs in their local communities and act based on what they find."

As of Saturday, October 21, Illinois 4-H has packaged over 738,815 meals and is expected to surpass 870,800 before year end.



41 Community Clubs
4 Cloverbud Clubs
15 SPIN Clubs
480 Members



Council Members

Officers	County	City
Mrs. Brenda Conrad	Clay	Flora, IL 62839
Ms. Deena Mosbarger	Clay	Flora IL 62839
Ms. Barb McGrew	Clay	Flora, IL 62839
Ms. Sydney Lay	Clay	Louisville, IL 62858
Mrs. Marilyn Schaefer	Effingham	Effingham, IL 62401
Mr. Doug McCain	Effingham	Mason, IL 62443
Mr. Bob Thompson	Effingham	Effingham, IL 62401
Ms. Pam Heiser	Effingham	Effingham, IL 62401
Mrs. Jennifer Waggoner	Fayette	Ramsey, IL 62080
Ms. Anna Jean Rhodes	Fayette	St. Elmo, IL 62458
Mrs. Kyra Willenborg	Fayette	Vandalia, IL 62471
Mr. Ben Frazier	Fayette	Vandalia, IL 62471
Mrs. Lynnette DuSablon	Jasper	Noble, IL 62868
Ms. Natalie Hopson	Jasper	Newton, IL 62448
Mr. Jason Warfel	Jasper	Ste Marie, IL 62459
Mrs. Lindsey Vogt	Jasper	Newton, IL 62448

Extension councils serve in an advisory role cooperating with Extension staff in planning, promoting, developing, implementing, evaluation and financing an Extension program designed to meet the needs, interests, and resources of our local communities.

Education Outreach

Website	News Media	Social Media	Educational Programs	Volunteers
663,050 Total page views	8 Average Monthly Press Releases	2082 Total Page Likes	20 Average Monthly Programs	126 Total Active Volunteers



Staff Directory



Carl Baker
County Extension Director/Unit 21



Michelle Fombelle
Extension Educator/
SNAP



Dana Homann
Extension Educator/
Youth Development



Ken Larimore
Extension Educator/
CED



Tabitha Welch
Extension Educator/
Youth Development



Cathy Schnepfer
Office Support Assoc.
Clay County



Jackie Hahn
Office Support Assoc.
Effingham County



Debbie Boley
Office Support Asst.
Fayette County



Sarah Clayton
Office Support Asst.
Jasper County



Erin Maxwell
Community Worker/
SNAP—Clay Co.



Jo Stine
Community Worker/
SNAP—Fayette Co.



Stacy Bare
Program Coordinator/
4-H—Clay Co.



Patti Logan
Program Coordinator/
4-H—Effingham Co.



Sarah Luce
Program Coordinator/
4-H—Fayette Co.



Katie Turkal
Program Coordinator/
4-H—Jasper Co.



Look at all this room for super long page titles, subjects, and headings! (optional, 2 lines max)

Clay County 4-H Receives Monsanto Grant

The Clay County 4-H program was nominated by Fran and Hugh Kessler to be the recipient of the Monsanto Growing Community. This program was launched in 2010 and gives farmers the chance to win a \$2,500 grant to award to nonprofit organizations. One winner is selected in each of the 1,331 eligible counties in 41 states. This year Fran and Hugh Kessler were selected as the award winners and chose as recipients the Clay County 4-H program. The Clay County 4-H program plans to use the grant money to help promote STEAM (Science, Technology, Engineering, Art and Math) activities as well as focus on different in school programming to help youth with various life skills.



The Equity and Land O Lakes Donate

In 2017, The Equity and Land O Lakes donated \$8,000 dollars to Extension on behalf of 4-H. The generous monetary contribution was divided between six Extension offices at the request of the donors. Monies received help provide programming in the respective counties. On behalf of Extension we would like to thank our stakeholders for their generosity and continued support of 4-H and the numerous programs we deliver throughout the year.

Dakota Access Pipeline Donates to Fayette County

Dakota Access Pipeline, LLC donated \$60,000 to the Illinois 4-H Foundation to fund 4-H youth development programs in 12 Illinois counties. Pipeline officials presented the 4-H donation, along with a \$60,000 check to the Illinois FFA Foundation, Thursday, Nov. 2 at the Jacksonville High School in Jacksonville. The funds will be used to benefit 4-H youth programs in the 12 Illinois counties the pipeline traverses. Those counties are Adams, Bond, Brown, Fayette, Hancock, Macoupin, Marion, Montgomery, Morgan, Pike, Schuyler, and Scott counties. "Fayette County is a small rural county with limited resources to support 4-H," said Dana Homann, U of I Extension 4-H youth development educator. Their plans include increasing the STEM (science, technology, engineering, and math) 4-H program efforts to help reach more youth and expand opportunities. "4-H helps youth reach their full potential to become contributing members of society," Homann said.



Financial Report



Local	70%
Federal	18%
State	5%
Other Grants/University	7%



Dr. Kidwell Visits Unit 21

In the Spring of 2017 Dr. Kimberlee Kidwell, Dean of the College of Agricultural Consumer and Environmental Sciences traveled to Unit 21 for a meet and greet and ribbon cutting open house at the Effingham County Extension Office. Dean Kidwell was on hand to meet with staff, community members, local and state elected officials, the media, business partners and 4-H youth and club leaders. During the visit Dean Kidwell visited each booth staffed by Extension personnel and learned more about the programming that is offered throughout Clay, Effingham, Fayette and Jasper counties. Dr. Kidwell also spent some time with elected officials discussing emerging issues at the state and county levels. Kidwell also challenged Extension staff to take a more in depth look at "What we do and why it matters?"



What We
Do and Why
It Matters!





OFFICE LOCATIONS

Clay County
223 W Railroad Street
Flora, IL 62839
(618) 662-3124
Fax (618) 662-3191
M-F 8:00—4:30

Effingham County
1209 Wenthe Drive
Effingham, IL 62401
(217) 347-7773
Fax(217) 347-7775
M-F 8:00—4:30

Fayette County
118 N Sixth Street
Vandalia, IL 62471
(618) 283-2753
Fax (618) 283-4932
M-F 8:00—4:30

Jasper County
1401 Clayton
Newton, IL 62448
(618) 783-2521
Fax (618) 783-2232
M-F 9:00 —4:00

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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).