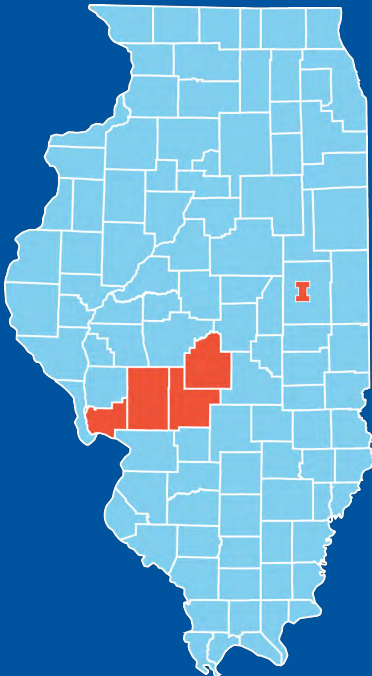




University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of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

2018 was an exciting year! Our Extension unit hosted Dean Kidwell, College of ACES, and Interim Director of Extension Shelly Nickols-Richardson. A story detailing the visit can be read on pages 4 and 5.

Some first-time programs offered during 2018 include: Save Energy, Save Money, which was delivered in conjunction with CEFS and LIHEAP (page 6); Annie's Project, was offered for the first time in Jersey County (page 7); and Garden to Table impact, which was a collaborative program between the Macoupin County Master Gardeners and Macoupin County 4-H, offered in the community of Royal Lakes (page 12).

On December 1, tornadoes touched down in three of the four counties served by our unit. Major damage occurred in the community of Taylorville, which is home to the Christian County Extension Office. The staff and volunteers stepped up, offering special programs for area youth out of school, and the office took part in the two-day MARC event. To learn more about MARC, please read page 8 of the Impact Report.

Lastly, the Montgomery County Youth Leadership Team helped provide an in-person orientation for students from Korea taking part in the States' 4-H International Exchange Program. Learn more on page 12.

I can't wait to see what 2019 brings. As Dean Kidwell has stated: "2019—The Year of Extension."

Sincere thanks for your support,

Amanda Cole, MBA  
 County Extension Director





Extension Council	City	County
Ann Bandy	Taylorville, IL 62568	Christian
Sandra Bechtold, Vice-Chairman	Jerseyville, IL 62052	Jersey
Connie Beck	Litchfield, IL 62056	Montgomery
Greg Behme	Carlinville, IL 62626	Macoupin
Todd Buesinger	Morrisonville, IL 62546	Christian
Cheryl Canavan, Treasurer	Carlinville, IL 62626	Macoupin
Barb Grabner-Kerns	Taylorville, IL 62658	Christian
Charlene Modla, Secretary	Hillsboro, IL 62049	Montgomery
Kate Niemeier, Chairman	Butler, IL 62015	Montgomery
Gwen Podeschi	Taylorville, IL 62568	Christian
Cindy Pryor	Grafton, IL 62037	Jersey
Veryl Reiher	Gillespie, IL 62033	Macoupin
James Siebert	Jerseyville, IL 62052	Jersey
Jack Stork	Jerseyville, IL 62052	Jersey
Pamela Weber	Hettick, IL 62649	Jersey/Macoupin
Crystal Wiese	Carlinville, IL 62626	Macoupin

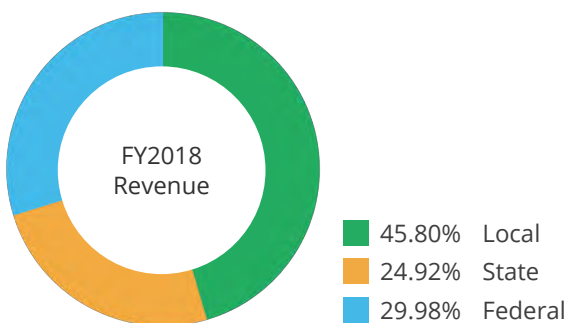
### Financial Report

Extension is funded through a combination of local, county board, state, and federal dollars which are returned to the community through educational programming.

FY18 Revenue Sources	
Local	\$680,704
State*	\$370,401
Federal**	\$435,195
Total	\$1,486,300

\*Includes GRF passed through campus to Unit

\*\*Includes Federal SNAP-Ed & Smith-Lever Dollars





## ACES Dean Kidwell Visits Unit 18

University of Illinois College of Agricultural, Consumer and Environmental Sciences, Dean, Kim Kidwell and Interim Associate Dean and director of Illinois Extension Shelly Nickols-Richardson visited the Montgomery and Christian County Extension Offices on Friday, April 6. Dean Kidwell toured Extension units all around the state to see local Extension in action. Kidwell is on a mission to learn more about University of Illinois Extension and the communities each Extension unit serves.



ACES Dean Kidwell met with Illinois State Representative Avery Bourne, a former 4-H alumna, and discussed the financial impacts facing Montgomery County.

Dean Kidwell started her visit in Hillsboro, where she met with local community leaders at the Montgomery County Courthouse. Representative Avery Bourne, a former 4-H member, was in attendance and discussed with Dean Kidwell the financial impacts facing Montgomery County. Kidwell then traveled to the Extension office, where she saw the Voyagers Homeschool 4-H club planting Roma tomatoes, onions, cilantro, and jalapeno peppers for their very own "salsa gardens."



Dean Kidwell and Shelly Nickols-Richardson were able to see the Voyagers Homeschool 4-H Club in action making salsa gardening containers.

Lunch was hosted at the farm of Brian Knodle and Heather Hampton+Knodle. Denise Kistner, co-leader of Starr Shooters 4-H Club and 4-H Foundation board member was also present. Rex Brown, CEO of Hillsboro Area Hospital was in attendance and shared opportunities for student projects and research currently going on at the hospital. Dean Kidwell was also able to visit the Nokomis Public Library, where she experienced the Starr Shooters 4-H Club's exhibit showcasing Japan.



L to R - Shelly Nickols-Richardson, Rex Brown, Dean Kidwell, Heather & Brian Knodle. The Knodles hosted a delicious lunch for the dean and guests.

Next, Dean Kidwell visited with area high school students and FFA members participating in the Ag Career Day Program at Linda Kiehias's home in Pana. The dean spoke to the students about U of I and the endless opportunities that come with a degree from the College of ACES. The Dudley Smith Research Farm in Pana was the final stop. Dean Kidwell learned about research that has taken place at the farm and discussed what the future holds for Dudley Smith.



Area high schools gathered for an Ag Career Day Program, which was put on by Christian County 4-H Program Coordinator Rebecca Livingston. Experts from different areas in agriculture presented enlightening information that may encourage the students to consider a career in agriculture.



Jack Erisman from University of Illinois Dudley Smith Research Advisory Committee, showed Dean Kidwell the wheat grass that was planted on a farm. This type of wheat grass is the first to be planted in the Midwest. Dean Kidwell was able to hear about the history and importance of the Dudley Smith Research Farm to the field of agriculture.

### Programming Outreach

Christian, Jersey, Macoupin, & Montgomery Counties for October 1, 2017 through September 30, 2018.



271

Total Program Activities



6,309

Total Program Participants



23,683

Interactions (Direct Contacts)



1,024

Total Program Sessions



78

Total Program Sites



810.8

Total Program Hours Delivered

We don't want you to leave the state to go to other universities because you are our future. Stay in school, and stay in Illinois.  
DEAN KIMBERLEE KIDWELL



## Dudley Smith Farm Winter Meeting

This “in-office field day” highlighted the latest on beef cattle management, nutrient management, and anaerobic digestion technology.

Special guests and topics included:

### Anaerobic Digestion Technology

Ashley Belle, Ph.D., Extension Educator, Environmental & Energy Stewardship

### Stretching Your Hay Budget

Travis Meteer, Extension Educator, Commercial Agriculture

### Dudley Smith Water Quality & Nutrient Management Project Update

Giovani Preza Fontes, U of I Graduate Student, Department of Crop Sciences

### How Often Should You Move Your Cattle?

Ed Ballard, Retired Extension Educator, Animal Systems

### Overview of the Betzold’s Registered Angus Cattle Management Program

Bruce Betzold, Betzold Farms - Nokomis

## Save Energy, Save Money

A free interactive workshop, Save Energy, Save Money, was offered in central Illinois to help residents learn the basics of managing household electricity usage and achieving cost savings on monthly electric bills.

Extension Educator Ashley Belle discussed smart meter

technology and demonstrated simple, inexpensive solutions to improve home energy efficiency.



Save Energy, Save Money was conducted by University

of Illinois Extension in partnership with C.E.F.S. Economic Opportunity Corporation and the Low-Income Home Energy Assistance Program (LIHEAP).

Workshop participants received an electric bill credit and a home energy conservation kit, which included switch and outlet insulating sealers, LED lightbulbs, an LED nightlight, and an air filter whistle.

## Dudley Smith Farm Field Day

University of Illinois Extension serving Christian, Jersey, Macoupin, and Montgomery Counties hosted a field day which featured speakers from academia and the agricultural industry. Doug Hanson, a seed specialist with ProHarvest Seeds, discussed building soil health with cover crops. Additionally, Chase Brown, a local beef producer from Warrensburg, gave a talk on the integration of cover crops into a grazing program.

The field day also included research updates on the Dudley Smith Water Quality and Nutrient Management Project by Dr. Cameron Pittelkow, assistant professor of agronomy at the U of I Department of Crop Sciences, and graduate students Hannah Dougherty and Giovani Preza-Fontes. The importance of the Illinois nutrient loss reduction strategy to the Mississippi River Basin was further discussed by Dr. Ashley Belle, an Extension environmental and energy stewardship educator. Dr. Belle stated, “with the ultimate goal of the strategy being to reduce total phosphorus and nitrate-nitrogen concentrations by 45%, I would like to encourage you to think about your own current farming operations and further exploring which nutrient loss reduction practices might be most suitable for you, as you learn more today about in-field management practices and edge of field technologies.”

Field day participants were provided the opportunity to take walking tours of the agricultural research farm to learn about various pasture paddock grazing systems as well as the water quality and nutrient management system, featuring a woodchip bioreactor for nitrate-nitrogen removal from tile drainage water.



Cameron Pittelkow, assistant professor of agronomy, discussed the latest water quality and nutrient management research conducted at the Dudley Smith Farm.



# ANNIE'S PROJECT

EMPOWERING WOMEN IN AGRICULTURE

Annie's Project is a six-part course offered by University of Illinois Extension in partnership with Annie's Project. The program looks to empower women in agriculture by holding discussion-based workshops that bring women together to learn from experts in production, financial management, human resources, marketing, and the legal fields.

Annie's Project was offered at the Farm Credit Illinois building in Jerseyville. Throughout the six-part course, participants heard from a variety of speakers on a wide range of subjects important to operating a farm.



Front Row (L to R) – Tracy Rothe, Sandy Cornelius, Kathryn Thiel, and Pat Beckman; Back Row (L to R) – Mary Lou Goetze, Carol Witham, JoAn Benz, Beth Johnson, Sara Beckman, and Andrew Holsinger, University of Illinois Extension horticulture educator

## Master Gardener Impact



38  
Volunteers



2,061  
Volunteer Hours



587  
Continuing Education Hours



\$50,886.09  
Value of Volunteer Hours

## Local Master Gardeners Win State Awards

Two area Master Gardeners were recently honored for their volunteer service efforts at the Illinois Master Gardener Conference, held Friday, September 7 in Springfield.

Master Gardener Gwen Podeschi won the 2018 State Master Gardener Sustained Excellence Award for her continued achievements. Karen Cherry won the 2018 State Master Gardener Outstanding Award for Christian County.



Gwen Podeschi lives in Taylorville and joined the Master Gardeners in 1996. Over the years, Podeschi has worked tirelessly to educate and promote gardening and the Master Gardener program. She has been active in authoring gardening related articles, presentations, and radio programs.



Karen Cherry is from Tower Hill and became a Master Gardener in 1998. She has served on a number of committees and leadership roles. Cherry was instrumental in the development of a demonstration pollinator garden at the Christian County Extension Office. The garden was used in a collaborative effort with 4-H to promote pollinator insects.



Participants of our Holiday Wreath Workshop used natural materials such as fresh evergreens, foliage, pinecones, and berries to create their own unique wreath.



## Teachers Participate in Poverty Simulation

Approximately 80 educators from the Staunton School District participated in a poverty simulation offered by University of Illinois Extension at Staunton High School on Friday, March 2. The activity, entitled “Community Action Poverty Simulation,” promotes a greater understanding of poverty through a live-action simulation.

During the poverty simulation, participants role-played the lives of low-income families, from single parents trying to care for their children, to senior citizens trying to maintain their self-sufficiency on Social Security. Poverty is a reality for many individuals and families. However, unless a person has experienced poverty, it is difficult to understand what these individuals must go through. Community Action Poverty Simulation (CAPS) bridges the gap from misconception to understanding. CAPS is an interactive immersion experience. It sensitizes community participants to the realities of poverty. CAPS is not a game. It is based on real Community Action clients and their lives.

During the simulation, participants reenacted living a month in poverty and experienced a low-income family’s life. After the simulation, participants discussed what they experienced and brainstormed ideas for community change. Continuing education credits were available for educators who participated.



A Staunton educator played the role of a general employer, distributing wages to a poverty stimulation participant.

## Extension Participates in MARC

A Multi-Agency Resource Center (MARC) was opened in Taylorville to make it easier for people affected by the December 1 tornadoes. The MARC was a one-stop-shop for tornado survivors to access disaster related relief services and information. The MARC brought together representatives from more than twenty local and state agencies and essential support organizations.

University of Illinois Extension participated in this event. We offered educational programming and free resources with researched-based information. Three programs offered were 4-H, MyPI (My Preparedness Initiative) Illinois, and Ready Business: Preparing a Disaster Business Plan. We also provided free handouts on food safety, cleaning-up after the storm, recovery after the disaster financial toolkit, and much more.



## 2018 Montgomery County Summit

Montgomery County Economic Development Corporation along with various sponsors, including University of Illinois Extension, hosted a summit to bring community leaders together to discuss topics relevant to economic development and community growth. This year, the summit focused on technology as an essential part of retaining and attracting businesses, investors, and families to our community. Attendees were also given an opportunity to network during dinner.

The event consisted of three segments. Travis Brown, account manager of Rokusek in Quincy, led two sessions: “Developing a Digital Marketing Plan,” and “Taking Small Business Global.” Billy Williams, President of CTI in Taylorville and Hillsboro, addressed the question “Why Fiber Optic Internet?”

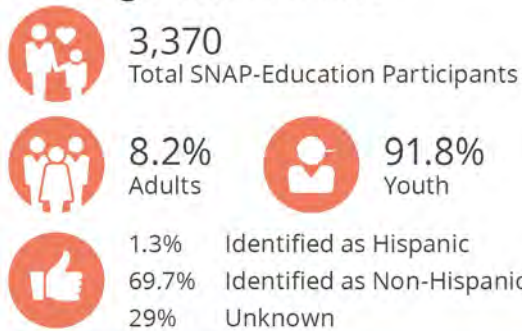




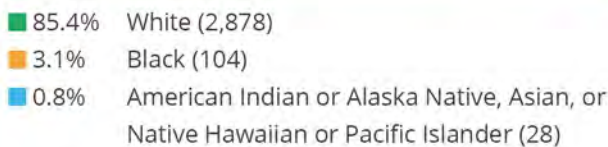
### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education staff 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



### RACE OF PARTICIPANTS



### Our Community Partners



## Extension Cooks Up Fun with "Illinois Jr. Chef" Culinary Camps

This summer, University of Illinois Extension serving Christian, Jersey, Macoupin, and Montgomery Counties in cooperation with Illinois Nutrition Education Programs SNAP-Ed and Illinois 4-H hosted "Illinois Jr. Chefs," a five day cooking camp, across the Unit. Reaching out to over 250 youth and utilizing community volunteers, these camps were free and open to children between the ages of 8-13 years.

The camp offered kids the opportunity to make their own nutritious meals and get excited about healthy foods, such as whole grains and low-fat dairy. The program showed participants how to add more fruits and vegetables to their daily meals. Students learned how to prepare delicious and nutritious meals and the importance of hand washing and good sanitation practices. Food and kitchen safety are good habits that will stick with them for years to come.

SNAP-Ed staff and community volunteers were on hand to teach lessons and work with participants throughout the hands-on camps. The programs were offered in Kincaid, Pana, Stonington, Taylorville, Carlinville, Gillespie, Hettick, Jerseyville, and Virden.



I learned about MyPlate and how much of the five food groups -fruits, vegetables, grains, protein and dairy - we should be eating.  
HALLIE MORGAN,  
JERSEYVILLE JR.CHEF CAMP PARTICIPANT



### Certified Food Protection Managers Class

The Certified Food Protection Managers Class was offered throughout Christian, Macoupin, and Montgomery Counties in 2018 with a 96% pass rate and an average score of 91 out of 100 correct. The eight-hour, two-day certification series was delivered five times throughout the year. Topics covered in the course: foodborne illnesses, safe food handling, cooking and storage, employee health and hygiene, facility safety and maintenance, cleaning, and sanitization. Based on demand in the three counties, the classes will continue into 2019 with offerings twice per year in each county.

After attending, it's amazing how much I remembered from doing the (in-class) activities. The class applied to things I actually do when working with food. Those temperatures stick with you.  
**PARTICIPANT IN THE CERTIFIED FOOD PROTECTION MANAGERS CLASS**

### Partnering for Healthier Lives

Throughout 2018, Lisa Peterson, nutrition and wellness educator, continued to facilitate and grow her partnerships with local hospitals in Christian, Jersey, Macoupin, & Montgomery Counties. She provided four one-hour sessions about eating well as you age with the physical therapy department at Carlinville Area Hospital. In collaboration with Jersey Community Hospital and Wellness Center, Peterson taught five one- to two-hour healthy living classes covering subjects from gut health to using a microwave for healthy eating. Peterson also collaborated with Taylorville Memorial Hospital and co-taught a course with the hospital dietitian on roasting vegetables to celebrate national nutrition month. Twenty individuals attended.



Nutrition & Wellness Educator Lisa Peterson teaching students to "Rethink Your Drink". She showed how much sugar is in popular beverages such as soda, orange juice, energy drinks, milk, and many others.

### Stay Connected to Your Health and Wellness Educator



@uiecjmmnw



@eatlocalincjmm



@U18EatLocal



@dashofwellness



@MSSNutrition



Lisa Peterson teaches Jo how to safely cut an onion at the Youth Canning Workshop.



## Serving Youth in Christian, Jersey, Macoupin, and Montgomery 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



9,792  
4-H Participants



778  
Adult Volunteers



761  
4-H Club Members



268  
First Year Members

### Christian County 4-H Livestock Judging Team

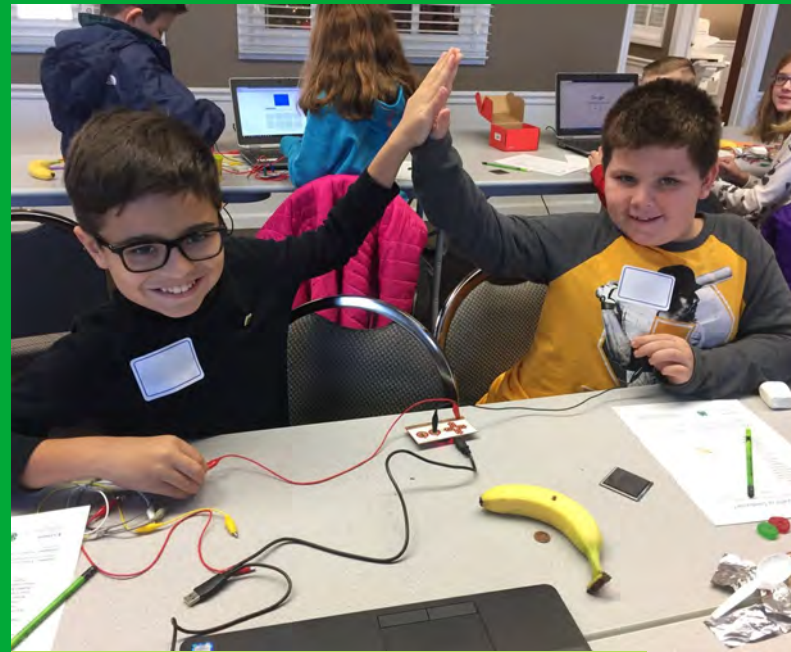
During 2018, the Judging Team saw numerous successes, including:

- |   |                       |
|---|-----------------------|
| High Team Overall                         | 2nd High Team Overall |
| › State 4-H Contest                       | › ICC                 |
| › Geneso FFA Contest                      | › JJC                 |
| › JWCC                                    |                       |
| › Lakeland Contest                        |                       |
| › Oklahoma State University Big 3 Contest |                       |

The club is comprised of over twenty 4-H members and numerous volunteers. They often have weekly practices and their hard work has produced results.



Christian County 4-H Livestock Judging Team at the Geneseo FFA Livestock Judging Contest.



Christian and Logan teamed up to explore conductive materials. They completed a closed circuit by high fiving each other.

### STEM Workshop

Jersey County Extension hosted a workshop for youth to create and explore with STEM. STEM workshops are designed to increase knowledge of science, technology, engineering, and math and other career-specific skills.

Electricity is all around us, but what exactly is electricity? Youth first learned about electricity and electrical phenomena. They discussed sources of electricity and examples of circuits. Youth also modeled a closed circuit as a group and learned the difference between conductors and insulators. They completed an activity using everyday materials to further explore the concept of conductors and insulators.

Using everyday conductive materials, an electronic invention tool, and laptop computers, youth also explored and created games on Scratch. Scratch is a visual programming language and online community developed by MIT Media Lab for youth to “Imagine, Program, Share.”

Our STEM curriculum is designed to encourage exploration and excitement about science, technology, engineering and mathematics.



## Garden to Table

Macoupin County Master Gardeners and Macoupin County 4-H partnered to present Garden to Table. Through this program, over twenty youth learned how we depend on plants as a source of food. The participants were able to plant, maintain, and harvest their own gardens. The young participants and their families stated that they enjoyed this program and were grateful to have the opportunity and resources to grow their own food. Participants were able to spend more time together as a family and were able to eat food from their own gardens. This program helped over eleven families understand the value of healthy eating habits.

Families were able to see the entire food production process, from garden to table. They learned how to care for their plants and use their home-grown vegetables in various dishes at their dinner table. A few participants had never eaten certain vegetables. Through this program, they were able to try new healthy foods and enjoy eating veggies.



Elizabeth Steinbeck, and Alyssia prepare for a vegetable taste test. A dedicated community volunteer, Steinbeck loves gardening and often helps with a variety of community programs.



Lisa Diaz, director of Illinois 4-H; the Montgomery County Youth Leadership Team; and international delegates from Korea 4-H.

## Youth Leadership Team

Montgomery County 4-H participated in the States' 4-H International Exchange Program this year to coordinate home stays for 8 international delegates from Korea 4-H. The summer program offered an opportunity for youth to experience another culture both at home and abroad.

The students arrived July 24 and spent a day in orientation at our local Extension Office in Hillsboro. The orientation ease their transition to speaking English and also to offer some cultural training before they joined their host family. The orientation was run by the Montgomery County Youth Leadership Team (YLT). The YLT took turns teaching the guests about Illinois 4-H, agriculture, and history. The YLT selected topics they thought were most important to share, and created visuals for their presentation. Lisa Diaz, director of Illinois 4-H, made a special trip to welcome the students to our country. "The 4-H Exchange Program has been active in northern Illinois for many years with Japanese students, but this is the first year we partnered with Korea 4-H", said Elisha Hughes, Montgomery County 4-H program coordinator.

The exchange provided a fun and educational experience for the visiting youth, and a powerful learning experience for our YLT. They learned to communicate with peers from a different cultural setting while navigating a language barrier. These experiences helped participants grow intercultural awareness and understanding.



## Christian County Agricultural Literacy Program

Our unit provided 394 agriculture literacy education programs to more than 2,109 youth and 473 adults in the 2017-2018 school year. Ag in the Classroom programs in 19 education centers targeted grades K-4. Other program sites included local daycare centers, public libraries, our Extension office, and the YMCA.

Elementary teachers in Christian County were offered an opportunity to receive an agriculture lesson "in a bag." The "Ag-Bags" covered topics such as beef and dairy, pumpkins, and Christmas tree farms. Fifty eight classrooms participated, reaching 1,132 students.

Over 350 4th grade students from Christian County attended the May Conservation Day, which included fourteen expert speakers on topics including water, soil, animals, pollinators, trees, recycling, and environmental agencies.

Our unit conducted two successful teacher workshops took place. Nine teachers attended a workshop focusing on corn and soybeans, which included a tour of GSI in Assumption. Fifteen teachers attended a full day program focusing on commodities, touring local farms with specialty crops, pollinators and hydronic greenhouses.



Teachers had the opportunity to tour Big M Berry Patch in Taylorville, where Mel and Rita Repscher offered delicious berry desserts from the farm at the conclusion of the tour.

## Macoupin County Agricultural Literacy Program

Thanks to our sponsors, the Macoupin County Agricultural Literacy Program has shared the importance of agriculture and the role it plays in our everyday lives with people of all ages for 22 years. For the 2017-2018 school year, more than 3,107 students and 590 educators were reached through 305 classroom programs, 46.5 hours of teacher workshops, hands-on resources, materials, and newsletters.

Each year, the Blackburn College education majors' science methods class learns about the many agricultural resources available. They try out several hands-on activities they could use in the classroom. Our program is grateful to the Blackburn College Education Department for continuing to offer this learning opportunity for their students.



Blackburn education majors plant seeds as they explored the hands-on learning kits.

It was a great opportunity to experience agriculture and made me aware of all the things that go into it. It was an awesome experience.

SUMMER AGRICULTURAL INSTITUTE PROGRAM PARTICIPANT



## Montgomery County Agricultural Literacy Program

Nearly 1,000 students per month were reached by Ag in the Classroom in Montgomery County for the 2017-2018 school year. This includes a combination of classroom presentations with hands-on activities, and teachers utilizing our kits in their classrooms.

Over 300 fourth and fifth graders participated in the first annual Agricultural, Consumer, and Environmental Sciences (ACES) Day. Guest speakers from the community presented on sixteen topics, providing information to students about safety, conservation, and agriculture. ACES Day provides education in topics not regularly covered in the classroom. Students from Russell Elementary and Zion Lutheran School in Litchfield as well as Raymond Grade School participated in the program.

Almost 30 classrooms in Montgomery County hatched chicks in the classroom last year. The program supplies incubators, egg turners, eggs (over 500), feeders, feed, heat lamps, and educational materials.

The Summer Library Program was offered again at public libraries throughout Montgomery County. Presentations and activities were based on the book "The Popcorn Astronauts". Participants learned about popcorn and other specialty crops grown in Illinois.



Montgomery County NRCS staff teach students how to use soil wisely while reducing or eliminating harm to the environment.



As a part of the Investigate Illinois Summer Institute, educators toured several sites including Kallal Bros. Inc. hog farm.



Dalton Gatton, Natural Resource Specialist with Lake Shelbyville Army Corps of Engineers teaches students which snakes are native to Illinois at Christian County Conservation Day.



Katrina, Maya, and Kolt from Farmersville kindergarten class, showing off their chicks.



Amanda Cole  
County Extension  
Director



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Office Support  
Specialist



Sara Isenberg  
Office Support Assistant  
Christian County



Lisa Klaus  
Office Support Assistant  
Macoupin County



Dara Jagodzinski  
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Andrew Holsinger  
Extension Educator  
Horticulture



Sara Marten  
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4-H Youth Development



Lisa Peterson  
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Nutrition & Wellness



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Christian County



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Kate Harding  
Program Coordinator,  
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Elisha Hughes  
Program Coordinator  
4-H & Youth Development  
Montgomery County



Cassie O'Connell  
Marketing &  
Communications



Valerie Belusko  
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Development



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Montgomery County



Connie Niemann  
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Agricultural Literacy  
Macoupin County



Lizzy Conrady  
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SNAP-ED  
Macoupin/Jersey County



Jodi Heberling  
Community Worker,  
SNAP-ED  
Christian County

## EXTRA HELP

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Judy Benz  
Morgan Cauble  
Erika Conrady

Breighann Dawdy  
Carol DeClerck  
Belinda Ernst  
Anna Fessler  
Mary Fuchs  
Melissa Fulk

Mary Lou Griffith  
Carlene Gump  
Dean McConnell  
Veronica Menossi  
Alec Myers  
Katie Paulek

Lena Robeen  
Carol Strohbeck  
Rolando Velasquez  
Meghan Wolff

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Taylorville, IL 62568  
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Fax: (217) 287-7248  
Mon - Fri, 8 am - 4:30 pm

Jersey County Extension  
201 W. Exchange St. - Suite A  
Jerseyville, IL 62052  
(618) 498-2913  
Fax: (618) 498-5913  
Tue - Wed, 8 am - 4 pm;  
Thu 8 am - 12 pm

Macoupin County Extension  
#60 Carlinville Plaza  
Carlinville, IL 62626  
(217) 854-9604  
Fax: (217) 854-7804  
Mon - Thurs, 8 am - 4:30 pm



/unit18cjmm



@ui\_18

Cover photos: (Top Left) Duane Friend, University of Illinois Extension Educator, taught students about erosion using a stream table. (Top Right) Junior Chef Addison prepared veggie chow mein. (Bottom Left) 4-H Nature Photography Workshop participants. (Bottom Right) Christian County Master Gardeners potted plants at a local garden.

### 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.