

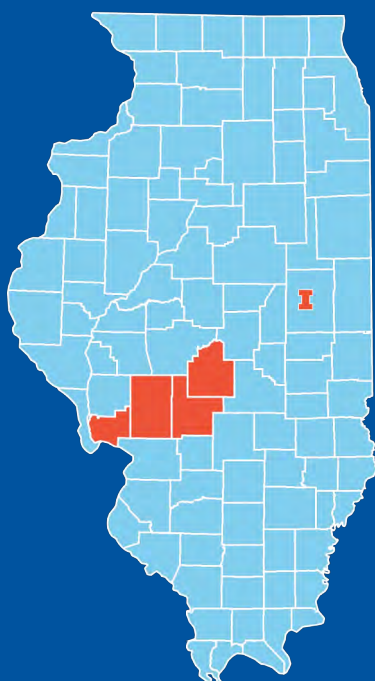


## 2019 IMPACT REPORT

University of Illinois Extension  
Christian, Jersey, Macoupin, & Montgomery Counties



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

It was an exciting and productive year for University of Illinois Extension serving Christian, Jersey, Macoupin, and Montgomery counties. New programming and outreach partnerships were forged, and we were honored to host Dean Kidwell, College of ACES, and Director of Extension Dr. Shelly Nickols-Richardson twice in 2019.

Our volunteers brought new beauty into their communities through service projects. Montgomery County Master Gardeners assisted with the new community garden located at St. Francis Hospital in Litchfield, while Macoupin County Master Gardeners expanded on their landscaping projects around the Macoupin County Courthouse.

Our unit is at the center of the new Comprehensive Economic Development Strategy (CEDS) Plan currently being developed for six counties in central Illinois, including Calhoun, Greene, Jersey, Macoupin, Montgomery, and Christian.

Through a partnership with the National 4-H Council, Corteva Agriscience, and Pheasants Forever, we were able to provide grant-funded pollinator habitat education to over 550 youth last year.

Those are just a few of the numerous highlights featured in the 2019 Impact Report. Thank you for your support!

Sincerely,

Amanda Cole, MBA  
County Extension Director



Extension Council	City	County
Ann Bandy	Taylorville, IL 62568	Christian
Elizabeth Jimenez Bandy	Bullpit, IL 62517	Christian
Maureen Bruns	Rosamond, IL 62083	Christian
Connie Beck	Litchfield, IL 62056	Montgomery
Greg Behme	Carlinville, IL 62626	Macoupin
Cheryl Canavan	Carlinville, IL 62626	Macoupin
Dr. Jerome Epplin	Litchfield, IL 62056	Montgomery
Diane Fessler	Dow, IL 62022	Jersey
Roberta Gorden	Blue Mound, IL 62513	Christian
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
Terry Trader	Hillsboro, IL 62049	Montgomery

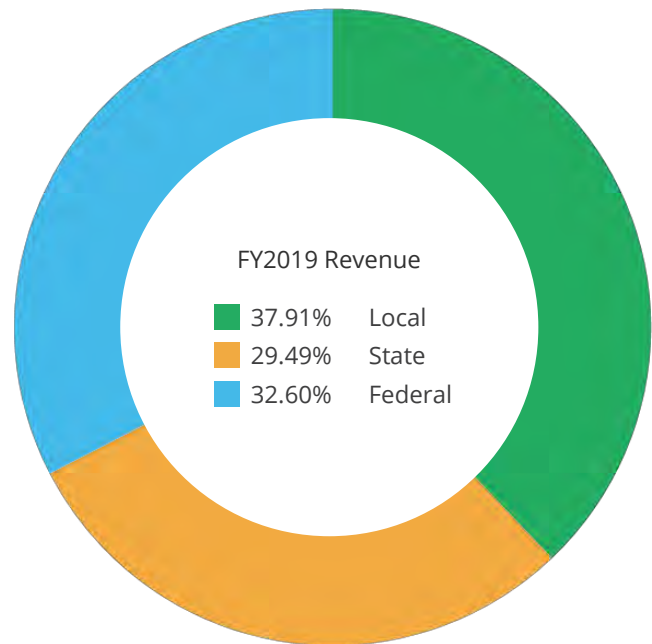
## Financial Report

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

FY19 Revenue Sources	
Local	\$529,900.59
State*	\$412,258.17
Federal**	\$455,747.53
Total	\$1,397,906.23

\*Includes GRF passed through campus to unit

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





## Montgomery County Farmland Provides Opportunities for ACES Students

Before gifting her farmland to the University of Illinois in the early 2000s, and long after she had moved from Illinois, Lora Sims recounted that she was once advised to sell off her Montgomery County land.

But Sims didn't want to sell the farm that had been such an important part of her family. Lora's mother, Adelaide "Addie" Colvin Sims, owned the land and then left it to Lora and her siblings. That decision has now positively impacted hundreds of University of Illinois students.

Upon her death in 2002, at the age of 100, Sims gifted 318 acres to the College of Agricultural, Consumer and Environmental Sciences (ACES), continuing a family farm legacy that has since benefited hundreds of ACES students. In her estate plans, Sims requested the name of the farm be recorded as the "Addie Colvin Sims Family Farm," to recognize her mother, who had managed the farm, and her siblings who had all owned the farm, in part, at one time.

Recently, alumni and friends of the College of ACES, along with University of Illinois and Illinois Extension officials gathered at the Nokomis, Illinois, farm to celebrate the legacy of the Sims family and the gift that has supported 261 scholarships for ACES students, totaling nearly \$700,000 since 2003.

Under blue skies at the edge of the farm's field, green and lush with soybeans, guests heard remarks from Illinois Vice Chancellor for Academic Affairs and Provost Andreas Cangellaris, ACES Dean Kim Kidwell, and ACES alumnus, Lucas Frye, speaking as a former recipient of the Addie Colvin Sims scholarship.

During the celebration, Kidwell was able to thank Kenny Folkerts, the farm's current tenant, for his stewardship of the land.

Folkerts has farmed the Sims land since 1989. As a boy, he had a good friend who lived on the farm, and he spent many days playing there. He has remarked that little did he know, 40 years after playing on that farm, he would be farming the same ground.

In addition to the farmland gift, Sims provided endowed scholarships for students in the College of Veterinary Medicine. Cangellaris commented on the importance of gifts to the university, as well as the role the College of ACES will play in the future of agriculture and how important students are to the effort.

"People who give to the university have come to terms with the fact that, in my opinion, there's no better investment than investing in the future. And the best way to invest in the future is to invest in young people. I think that's why people give to the university," Cangellaris said.





"The thing that Illinois stands out for when it comes to agriculture and food production is that we are able to experiment with growing food under any conditions—weather conditions, climate conditions, environmental conditions—by just simulating those conditions in state-of-the-art laboratories," he said. "The way we are going to continue advancing Illinois in the way of food production and agriculture is making sure we continue to innovate and develop these groundbreaking technologies that will enable people to produce food no matter where they are."

Kidwell added, "I think most people settle into a place of wanting to create a sustainable future for agriculture. And the way that we do that is to make sure there's a pipeline of young talent coming up behind us that are going to be good stewards of the land. The legacy piece is really important. If you want to support the development and advancement of agriculture and the perpetuity, providing a gift of land is amazing."

"We see these gifts used for lots of things. Many people will ask us to dedicate it to scholarships. We've also had people give us gifts of land that are used to fund county Extension offices or 4-H functions in particular counties," she said.

Throughout its 150-year history, the University of Illinois has been the grateful beneficiary of many gifts of farmland, and the College of ACES currently receives income from 6,100 acres of donated farmland held for its exclusive benefit. Income from the ongoing successful operation of a gifted farm serves as a perpetual funding source for the college's land-grant mission.

By Stephanie Henry



<https://aces.illinois.edu/news/montgomery-county-farmland-gift-provides-opportunities-aces-students>

We are more than meets the I.  
DEAN KIDWELL

## Ag Luncheon

Dean Kidwell visited the Christian County Agricultural Fair and talked about the importance of agriculture and the Dudley Smith Research Farm at the Christian County Ag Group luncheon.



Dean Kidwell emphasizes the value of agriculture and the impact it has on small, rural communities.

## Programming Outreach

Christian, Jersey, Macoupin, & Montgomery Counties for October 1, 2018, through September 30, 2019.



249

Total Program Activities



5,343

Total Program Participants



11,333

Interactions (Direct Contacts)



616

Total Program Sessions



65

Total Program Sites



572.1

Total Program Hours Delivered



## Building Partnerships to Increase Energy Literacy

Following the rollout of smart meters, Extension Educator Ashley Belle has provided smart grid and energy efficiency education to low-income seniors and rural residents living in Ameren territories. "Save Energy, Save Money," the program she developed, is an interactive workshop designed to help manage residential electricity usage and lower monthly bills. The program has been delivered throughout Christian, Jersey, Macoupin, and Montgomery counties, reaching 201 adults. Surveys revealed the level of knowledge about smart meters increased from 2.0 to 3.9 (on a scale of 1 to 5) and the likelihood of improving home energy efficiency increased from 2.3 to 4.1.

Ashley has continued to expand the program's reach through a partnership between Illinois Extension and C.E.F.S. Economic Opportunity Corporation that saw the energy educational program adapted and delivered to Head Start parents, Meals on Wheels, and participants of the Percentage of Income Payment Plan program throughout Christian and Montgomery Counties. In recognition for increasing energy efficiency engagement in underserved communities, the partnership between Illinois Extension and C.E.F.S. was honored by Ameren with an Energy Innovator Award.



Ashley Belle (left) was awarded the C.E.F.S. Community Service Excellence Award for developing high-impact energy education.



Second graders at Washington Elementary School in Pana learn how electricity travels to their homes using a Smart Grid for Schools kit.

## Youth Environmental and Energy Education Program Launches

In 2019, Environmental and Energy Stewardship Educator Ashley Belle developed a Youth Environmental and Energy Education Program delivering interactive science lessons to grade school classrooms. These lessons covered topics like water cycle, watershed dynamics, smart grid, waste management, and recycling. The program has already seen great interest throughout Christian County, reaching over 275 youth in the communities of Pana, Morrisonville, Taylorville, and Kincaid. Teachers have highly rated the program for stimulating student learning and providing engaging hands-on activities. The program will expand to Montgomery County in 2020.

So much depth, but it was carefully worded for 4th grade understanding. I look forward to booking another lesson.

MEMORIAL ELEMENTARY TEACHER





## St. Clare's Garden Grows Food Access

Litchfield, Illinois, is designated as a food desert according to the U. S. Department of Agriculture. In 2019, University of Illinois Extension's horticulture program partnered with St. Francis Hospital to create St. Clare's Garden. Illinois Extension's Master Gardeners assisted in the planning, implementation, and harvest of the garden produce.

A total of 217.6 pounds of produce were donated to the St. Clare's Food Pantry in Litchfield. Becky Gudgel, with the Food Pantry said, "Having the supply of fresh produce was very successful, and all items were gone the same day they were dropped off after harvesting them."

Total Produce Yield 2019 Season	In Pounds
Cucumbers	89.74
Green Beans	1.25
Juliet Tomato	4.00
Peppers	43.15
Squash	7.28
Tomato	15.68
Sweet Potatoes	56.5
<b>Grand Total</b>	<b>217.6</b>



Cucumbers, peppers, tomatoes, green beans, and even petunias were planted in raised beds next to St. Francis Hospital in Litchfield.

## Master Gardener Impact



47  
Volunteers



2,586  
Volunteer Hours



777  
Continuing Education Hours



\$65,761.98  
Value of Volunteer Hours

## Master Gardeners Beautify the Macoupin County Courthouse Lawn

Over the past several years, the Macoupin County Master Gardeners have taken on the task of beautifying the grounds surrounding their county's courthouse.

They re-landscaped around the American Revolutionary War Monument, revitalized a small garden on the east side of the courthouse, installed a bench along the sidewalk, and planted a small native garden around the bench for citizens to enjoy. The Master Gardeners also planted a shade garden by the employee's main entrance and revamped the War Memorial landscaping. They have even more improvements planned for 2020!



L to R - Carol Meyer, Dolores England, Roy Robinson, and Paula Robinson revitalized a small garden on the east side of the courthouse.



## Community Members Participate in Live-Action Poverty Simulation

Over 40 community members throughout Montgomery County participated in a poverty simulation offered by University of Illinois Extension at Lincoln Land Community College in Litchfield. The program, entitled “Community Action Poverty Simulation” (CAPS), 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. Don't mistake it for a game. The simulations used in CAPS are based on real Community Action clients and their lives. 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. CAPS uses an interactive immersion experience to bridge the gap from misconception to understanding. It sensitizes community participants to the realities of poverty.

After the simulation, participants discussed what they experienced and brainstormed ideas for community change.



A poverty simulation participant visits the general employer who helped with job applications, assigned jobs, and distributed wages.



CEDS participants from various counties discuss regional needs and priorities.

## Comprehensive Economic Development Strategy

Extension Community and Economic Development Educator Jennifer Russell works with residents from Calhoun, Greene, Jersey, Macoupin, Montgomery, and Christian counties as they provide input on the Economic Development Administration's (EDA) Comprehensive Economic Development Strategy (CEDS) plan for the region.

The 5-year plan is expected to be complete by May, and will be used by communities to apply for large-scale economic development grants supporting jobs in the region. Extension State Specialist in Community and Economic Development Zach Kennedy and Will Andresen, graduate student in the Department of Urban and Regional Planning, are spearheading the data collection and group facilitation for the project.

Extension has been instrumental in the development of the CEDS for the Western Illinois Valley Region. Access to data, professional facilitation, and vast planning experience are resources that would not have been available. Extension has provided access to funding for many underserved communities.

SHARI ALBRECHT, EXECUTIVE DIRECTOR  
JEDC PARTNERS IN PROGRESS





## 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



1,875

Total SNAP-Education Participants



8%

Adults



92%

Youth



1%

Identified as Hispanic

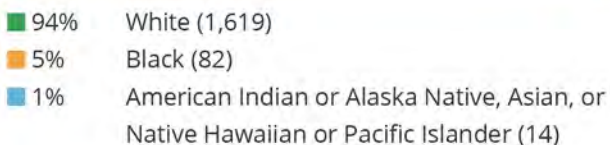
81%

Identified as Non-Hispanic

17%

Unknown

#### RACE OF PARTICIPANTS



### Our Community Partners



9

K-12 Schools



2

Youth Centers



13

Early Childhood



2

Community Centers



5

Food Pantries and Food Banks

## OrganWise Guys Keeping Kids Healthy

Lizzy Conrady, Jersey and Macoupin County Community Worker - SNAP-Education, presented an introductory class entitled "OrganWise Guys" to students in Kindergarten through second grade in Jersey and Macoupin counties.

The program is a fun and interactive way to engage students in nutrition education and physical activity. The students are taught about healthy eating using plush character organs of the human body. Students learned the importance of each organ and how to keep their organs healthy. The students even participate in the lesson by learning a dance and song to remind them to make healthy food choices, drink plenty of water, and exercise. Each lesson provides students with an activity sheet to take home to share with their parents.



I still eat fruits and veggies every day to help my OrganWise Guys. You taught us how important they are, so I have been trying to eat them every day since!

SECOND GRADER FROM BEN-GIL  
ELEMENTARY SCHOOL IN GILLESPIE



Lisa Peterson, nutrition and wellness educator, teaching kids how to can at the 4-H Pickle Canning Workshop held at the Macoupin County Extension Office in Carlinville.

## Stay Connected to Your Health and Wellness Needs



@uiecjmmnw



@eatlocalincjmm



@U18EatLocal



@dashofwellness



@MSSNutrition

## Preparing Food Under Pressure & Heart Healthy Cooking Using an Air Fryer

To keep up with current food preparation trends, Lisa Peterson, nutrition and wellness educator, offered hands-on classes focused on preparing healthy meals using electric pressure cookers and air fryers. Participants learned about different types of fats, how to incorporate more vegetables in their diet, and the basics of using modern kitchen appliances and food safety. The class reached an estimated 170 individuals in Christian, Jersey, Macoupin, and Montgomery counties thanks to partnerships with Taylorville Memorial Hospital in Taylorville and JCH Wellness Center in Jerseyville.



## Serve It Safely for Volunteers Success

Throughout 2019, Nutrition and Wellness Educator Lisa Peterson offered the non-restaurant food handlers' course, Serve It Safely, for volunteers in Macoupin and Christian counties. Class participants learned about planning for the event, storing food supplies, preparing food, transporting and storing, serving food, and handling leftovers, all in a fun and interactive workshop. Upon completing the course, 100% of participants felt more confident in their ability to calibrate a thermometer, safely thaw frozen food, and assess food temperatures in the danger zone. Additionally, they were more likely to wash their hands properly before food preparation and take necessary steps to prevent cross-contamination.

Definitely eye-opening. It is crazy how many things can go wrong in preparing food.

SERVE IT SAFELY PARTICIPANT



Lisa Peterson, nutrition and wellness educator, teaching Serve It Safely students in Christian County how to create their own sanitizing solution.





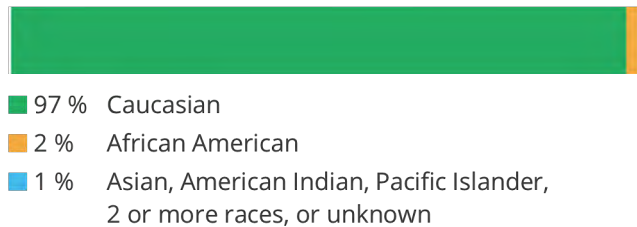
## Serving Youth in Christian, Jersey, Macoupin, and Montgomery Counties

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



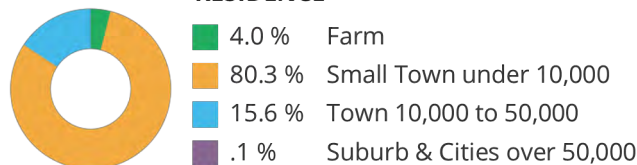
### RACE



### ETHNICITY



### RESIDENCE



Local third graders from Hillsboro and Coffeen schools pose in front of the soon-to-be pollinator habitat that they helped seed as part of the 4-H Pollinator Habitat Program on November 19.

## 4-H Pollinator Habitat Program

Over 550 youth in Macoupin and Montgomery counties learned about the importance of pollinators and their habitats through the 4-H Pollinator Habitat Program. This grant-funded program, developed through a partnership with the National 4-H Council, Corteva Agriscience, and Pheasants Forever, promotes engagement and education around local pollinator habitats.

The grant provided curriculum, which was developed into lessons that were presented in classrooms and at after school events to over 500 local youth in third through fifth grades. Local 4-H members served as teen teachers and assisted in delivering these presentations.

In addition to these programs, grant funding provided materials and support for a community-focused pollinator habitat planting event. On November 19, local third graders attended a pollinator planting event at Bremer Sanctuary. During the event, participants learned about the importance of pollinators and helped scatter seeds to increase these habitats at the sanctuary. Thanks to their efforts, the sanctuary will now be home to over 5,000 square feet of native pollinator plants and grasses, creating a positive environmental impact for years to come.



One of the 4-H teen teachers, Elaan Bader, speaks on the importance of pollinators and their habitats.



## 4-H Food Challenge

Youth in Christian County became creative in the kitchen during the 4-H Food Challenge. During this 3-day program, participants learned about nutrition and food groups in order to create a healthy and well-balanced dish. Youth also practiced proper kitchen safety and food preparation skills, such as food handling, knife skills, and food substitutions.

As a final challenge, youth worked in teams to create their own, unique dish from a variety of ingredients and two required mystery items — pumpkin and chocolate chips. Through this final challenge, participants used the skills they learned to both prepare and present their dishes to a panel of judges, making sure they also focused on nutrition and taste. 4-H teen teachers also assisted with the program by demonstrating proper skills and working one-on-one with teams to create their one-of-a-kind dishes.



Shayna practices her knife skills while working with her group to prepare a healthy and creative dish during the 4-H Food Challenge in Taylorville.



Noah (left) and Claire (right) were challenged to use a variety of food items and toothpicks to design architectural structures that were both tall and sturdy.

## Youth Experiment and Explore at Extension Science Camp

Jersey County Extension hosted a two-day Science Camp in 2019, where twenty participants between the ages of 8 and 14, experimented and explored different principles in chemistry, physics, engineering, and food science.

Participants discussed polymer chemistry while creating slime, hypothesized and observed physical reactions by mixing cola and Mentos, and created lava lamps to learn about the properties of density. They observed the reaction when heat is applied to oil and water, and further conducted their experiments using fizzing tablets and food coloring. Campers engineered catapults, which were then used in a marshmallow-launching competition.

The young scientists rounded out Science Camp by experimenting with food science. They built structures using food items and toothpicks to explore engineering principles, and discuss their struggles and triumphs. Participants also explored classic and edible science, making homemade butter in a jar with heavy cream. Youth got a workout churning their heavy cream until they formed both butter and buttercream.

Science Camp provided campers with new ways to explore the different chemical and physical phenomena they interact with in their every day lives.





## Health and Wellness the Focus at 4-H Health Jam

4-H Health Jam is a youth wellness program that promotes a healthy lifestyle through interactive sessions and learning experiences highlighting physical fitness and healthy choices. In addition, youth learn about careers in the health field.

Carlinville Intermediate School is a six-time Health Jam participant. Over one hundred 5th grade students participated in a variety of educational sessions related to health and wellness. Youth engaged in a variety of physical activities, including Zumba and yoga. Students headed to the classrooms to learn about healthy eating habits, nutritional snacks, brain injury prevention, healthy lungs, dangers of vaping, surgery, dental care, and speech therapy. All activities centered around encouraging a more healthy lifestyle.

We are so grateful to the following health and wellness professionals from the local community who offered their time, expertise, and support for 4-H Health Jam: Melissa Fernandez, Jessica Barkley, Robin Cannon, Brandy Olroyd, and Priscilla Matli from Carlinville Area Hospital; Connie Morin from Fancy Feet Dance Studio; Mary Ann Harp from Just to Dance; Kate Harding, Sara Marten, Cassie O'Connell, and Lisa Peterson from University of Illinois Extension; Johnathan Anderson and Becky Hatlee from Macoupin County Public Health Department; Danny Hicks and Nate Saint from THINK FIRST, Southern Illinois University School of Medicine - Springfield Campus.



Robin Cannon from Carlinville Area Hospital talked about surgical procedures, patient care, and nursing as a profession.



Erin speaking at the statewide Hunger Ambassadors training.

## Fighting Hunger in Montgomery County

Erin Kistner, Shooting Stars 4-H Club member, attended 4-H Hunger Ambassador training with Illinois 4-H. There she learned how to assess community needs, discovered ideas for tackling the problem, and was encouraged to go home and look for hunger in her community.

Erin anonymously surveyed her peers to see how many of them struggled with hunger on the weekends. Over 50% of youth surveyed acknowledged that hunger is an issue in their school. 33% of those surveyed said they deal with hunger on the weekends. Erin saw a need in her community and wanted to help. She asked local organizations for donations of money and food. With the help of the county youth leadership team, bags are packed each week that contain breakfast, lunch, and dinner meals that can be sent home with students in need. Nutrition and Wellness Educator Lisa Peterson worked to ensure that meals included all four food groups and that they did not require cooking.

Thanks to Illinois State 4-H grants, community grants, and donations, food is available on Fridays in a location where students can discreetly get weekend meals and leave unnoticed. Approximately 20-30 meals are taken each week from the site. Students in need find out about the program through teachers and word of mouth.



## Christian County Agricultural Literacy Program

In the 2018-19 school year, 394 programs providing agriculture literacy education were offered to 3,228 youth and 89 adults. Ag in the Classroom programs were delivered to 19 education centers, targeting kindergarten through fifth grade students. Programs were also delivered, or materials utilized, at local daycare centers, public libraries, University of Illinois Extension offices and the local YMCA.

Over 400 fourth grade students from Christian County attended Conservation Day, which included 16 expert speakers on topics including water, soil, animals, pollinators, trees, recycling, and other environmental agencies.

It is always a great institute. I learn so much and always come out inspired and have so much I am ready to share in the classroom and with colleagues.

SUMMER AGRICULTURAL INSTITUTE  
PROGRAM PARTICIPANT



Erica Nabers, a park ranger with Lake Shelbyville Army Corp of Engineers, teaches students which snakes are native to Illinois at Christian County Conservation Day in Manners Park, Taylorville.

## Macoupin County Agricultural Literacy Program

More than 3,130 students and 613 educators were reached through 342 classroom programs, 38.5 hours of teacher workshops, hands-on resources, materials, and newsletters during the 2018 -19 school year.

Eighteen educators from four counties explored more about agriculture during our Summer Agricultural Institute. Through hands-on activities and traveling workshops, educators learned about the wholesale flower market, seed production, plant science, genome sequencing and research, coffee processing, careers, and other aspects of agriculture. They received innovative, classroom-ready materials and learned about project grants available.



Litchfield Pioneer Plant demonstrates a sifter to show how the grain goes through a large sifter to remove unwanted pieces and leave only quality seeds behind.

## Montgomery County Agricultural Literacy Program

Ag in the Classroom impacted 7,932 youth and 1,235 teachers in the 2018-2019 school year.

Over 300 fourth and fifth graders participated in the annual Conservation and Safety Day. Guest speakers presented on 16 different topics not regularly covered in the classroom, providing information to students about safety, conservation, and agriculture. Students from Beckemeyer Elementary in Hillsboro, as well as Coffeen Elementary, Nokomis North Elementary, and St. Louis Catholic School in Nokomis participated in the program.





## Staff Directory



Amanda Cole  
County Extension  
Director



Ashley Belle  
Extension Educator  
Environmental & Energy  
Stewardship



Andrew Holsinger  
Extension Educator  
Horticulture



Lisa Peterson  
Extension Educator  
Nutrition & Wellness



Jennifer Russell  
Extension Educator  
Community & Economic  
Development



Sara Marten  
Extension Educator  
4-H Youth Development



Kate Harding  
Program Coordinator  
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Elisha Hughes  
Program Coordinator  
4-H Youth Development



Jessica Jaffry  
Program Coordinator  
4-H Youth Development



Cassie O'Connell  
Marketing &  
Communications



Valerie Belusko  
Program Coordinator  
Community & Economic  
Development



Lizzy Conrady  
Community Worker  
SNAP-ED  
Jersey/Macoupin County



Katie Micenheimer  
Community Worker  
SNAP-ED  
Christian County



Meghan Wolff  
Community Worker  
SNAP-ED  
Montgomery County



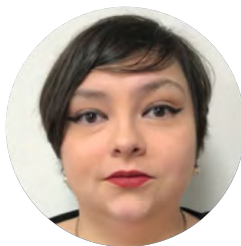
Beth Groves  
Extra-Help  
Agricultural Literacy  
Montgomery County



Rebecca Livingston  
Program Coordinator  
Agricultural Literacy  
Christian County



Connie Niemann  
Program Coordinator  
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Macoupin County



Sara Isenberg  
Office Support Assistant  
Christian County



Lisa Klaus  
Office Support Assistant  
Macoupin County



Lisa White  
Office Support Assistant  
Montgomery County



Penny Brannan  
Clerical, Jersey County

### EXTRA HELP

Donna Abbott  
Mitch Abbott  
Jeanette Baker  
Breighann Dawdy

Belinda Ernst  
Mary Fuchs  
Missy Fulk  
Penny Grundy

Carly Gump  
Stephanie Rhodes  
Hannah Seaton  
Carol Strohbeck

### OFFICE LOCATIONS

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### ONLINE



/unit18cjmm



@ui\_18

Cover photos: (top left) Clayton Richey, Southwestern Hoof and Horn 4-H Club member, after winning Senior Showmanship in beef; (bottom left) Macoupin County 4-H members and volunteers who participated in the 2019 Tractor Driving Contest; (top right) Make It 4-H Club members got their hands dirty planting a butterfly garden at Madison Park Elementary School in Litchfield; (bottom right) Christian County Master Gardeners provided an informational booth at the Taylorville Farmers' Market.

#### 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.