



2018 IMPACT REPORT

University of Illinois Extension
Franklin, Jackson, Perry, Randolph, and Williamson 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 is once again time to reflect on the past year and how our work at University of Illinois Extension has impacted the local community. Our programs aim to address the most pressing issues in the state of Illinois relating to food, health, environment, community and economy. Our commitment remains strong to provide relevant, reliable and responsive education to improve lives and local economies.

We are thankful for strong local support from county boards as well as from 4-H and Extension Foundations, Home and Community Education Associations, county Farm Bureaus, townships, and individual/business contributions. Additional sources of important revenue are provided through federal, state, and other grant funds.

It is my pleasure to present this brief impact report of the Franklin-Jackson-Perry-Randolph-Williamson Unit. Thank you for your continued support.

Sincerely,

Lynn Heins
County Extension Director



Extension Council

We appreciate the work and service of the 2017-2018
Unit 26 Extension Council members:

Amber Anderson	Brenda Jones
Rick Avery	Greg Jones
Gay Bowlin	Eddie Kerkover
Ron Ferguson	Cindy Krisby
Jessica Grammer	Sheri Lee
Josh Gross	Ian Perkins
Beverly Harsy	Denise Stearns
Don Harsy	Bryan Stearns
Shari Heine	Jennifer Watson



Unit educators and Master Naturalist and Master Gardener volunteers provide hands-on activities and learning experiences for local elementary students at the DuQuoin Conservation Fair.



4-H has empowered six million young people with the skills to lead for a lifetime.

One Column Statistics



409
Volunteers



9,737
Volunteer Hours



5,101
Direct Contacts



124
Projects & Programs



\$240,406
Value of Volunteer Work



143,527
Web Views



41%	Local Funds
41%	Federal Funds
14%	State Funds
4%	Grants/Revenue Generated through Programs



Field Days

The Local Foods/Small Farms team hosts many field days throughout the year to showcase current variety trials and to provide updates on their latest research.

One example is the Pumpkin Field Day at Ewing Demonstration Center. In addition to seeing field demonstration plots on disease and weed management, participants were able to view the 75 pumpkin varieties as well as an ornamental popcorn variety trial. Laura Ingwell, an entomologist from Purdue University, was also on hand to provide information on pest management and pollinator stewardship in pumpkins.



Cinderella and New England Cheddar are two of the 75 varieties of pumpkins that were showcased at Pumpkin Field Day.



No-Till Production

The trial field at the Ewing Demonstration Center made harvesting history last fall, as it has been in continuous no-till production for 50 years. With no-till, the land is left undisturbed from harvest through planting, preserving a canopy of crop residue on the surface to protect the soil from the battering impact of erosion. The trial field yielded 186.2 bushels/acre of corn this season, the highest yield recorded in the last 50 years.



Nathan Johanning (L), Local Foods/Small Farms educator and Talon Becker, commercial agriculture educator, showcase the record corn yield of 186.2 bu/A at the Ewing Demonstration Center.





Tomato Trials

In 2018, the Jackson County Extension Office showcased a research trial of 12 determinate red slicing tomatoes during the peak of the harvest season. This free in-field program brought many participants to view the tomatoes and tour the other research trials of sweet snacking peppers, cucumbers, asparagus, and fresh-cut flowers in the field and the high tunnel. Data from Extension research trials are published and presented throughout the state and Midwest.



Our Local Foods/Small Farms team is always hard at work. Marc Lamczyk (top left), Agriculture program coordinator, harvests popcorn. Nathan Johanning (top right), Local Foods/Small Farms educator, presents at Pumpkin Field Day. Maggie Ray (bottom left), Local Foods/Small Farms program coordinator, gathers data for potato research. Katie Bell (bottom right), Local Foods intern, presents tomato variety trial results at the 2019 Specialty Crops, Agritourism, & Organic Conference.



High Tunnels

High tunnels are minimally heated, low-cost, plastic-covered greenhouses that use little or no energy from fossil fuels for heat or ventilation. Within the structure, solar energy is trapped and used to warm the air and soil. The Jackson County high tunnel is not heated and uses only solar energy. Currently, broccoli, carrots, and greens are being grown throughout the remainder of the fall and winter months.

Benefits of using high tunnels include extending the growing season of many high-value crops, such as peppers, tomatoes, and strawberries; protecting crops from weather extremes, such as temperature, sunlight, strong winds, driving rain, and destructive hail; and protecting crops from harmful insects, wildlife, and diseases that can lower marketable yield. On a small plot of land, high tunnels permit intensive production of food crops.



The Jackson County high tunnel is not heated and only uses only solar energy.





Food Pantry Network

In collaboration with the Jackson County Health Department, Southern Illinois Healthcare, and Southern Illinois University Carbondale, University of Illinois Extension's SNAP-Education educator Toni Kay Wright has worked to create the Southern Illinois Food Pantry Network.

Food pantries play a critical role in helping many families throughout the region meet basic nutrition needs. This program is designed to help food pantries address hunger throughout southern Illinois and improve their nutrition environment. Food pantry managers and volunteers are working to identify their capacity to meet the needs of the individuals and families that they serve and address the gaps that exist within their pantry. While many of the participating pantries fare well with their workforce, volunteer support, and distribution site, they struggle with financial support, collaboration with other agencies for referrals and services, and insufficient technology and office equipment. In addition, it was reported that personal safety for pantry staff and volunteers is a top priority, as many of our local pantries are staffed with only one or two people during a distribution time.

The Food Pantry Network meets quarterly to help foster networking among food pantry managers and provide assistance to help address the challenges they face.



With programs in all 102 Illinois counties, reaching 1.5 million residents annually, U of I Extension is uniquely positioned to deliver life-changing educational programming to combat food insecurity.



Toni Kay Wright, SNAP-Ed educator; Cindy Bauman, 4-H program coordinator; and Jennifer Newbury, SNAP-Ed work program participant, work with local student volunteers at the Mobile Food Market.

Mobile Food Market

One in every five Illinois residents has poor access to food, and about 1.6 million people in Illinois experience food insecurity. Individuals faced with food insecurity suffer a greater risk for chronic health conditions, poor quality of life, and poor academic and behavioral performance in children. Connecting underserved populations—including low income, urban, and Latino communities—to healthy food and educational resources is a key part of solving food insecurity and its related concerns in Illinois.

In partnership with the St. Louis Area Foodbank, U of I Extension has been working to increase food access throughout many communities in southern Illinois. U of I Extension first became involved in Mobile Food Markets in mid-2017, with Cindy Bauman, 4-H program coordinator, working to establish one with 4-H Hunger Ambassadors in Sesser. In 2018, Toni Kay Wright, SNAP-Ed educator, was able to work with the Village of Colp and with Elkhart's First Baptist Church to bring two Mobile Food Markets to our unit. The Village of Colp initiated its market in April and the First Baptist Church in Elkhart began distributing food in November. Each month, individually these markets are reaching between 60 and 120 families with mostly perishable foods provided by the St. Louis Area Foodbank.

As a senior living on a fixed income, I appreciate the opportunity to get fresh produce at the Mobile Food Market each month.
MOBILE FOOD MARKET PARTICIPANT



Illinois Nutrition Education Programs

Illinois Nutrition Education Programs (INEP) are part of U of I Extension and provide nutrition education to individuals and families in communities around the state of Illinois.

Healthy choices are not always the easy choices, especially on a limited budget. This is why we focus on reaching program participants where they are in their own communities. Through nutrition and cooking classes, interactive displays, and online resources, we provide knowledge and teach the skills necessary to help participants make healthier meals, spend their food budgets effectively, and make healthy living a natural part of their day.



SNAP-Ed community worker Alisha Eggers teaches area pre-K students ways to be active through the Color Me Healthy program.

Providing Fun, Educational Programming

The SNAP-Ed program has two curricula to choose from when working with early childhood programs: It's Fun To Be Healthy and Color Me Healthy offer a series of interactive lessons taught right in the classrooms.

Most of the lessons include a taste testing to introduce children to new fruits and vegetables. Parent newsletters are often sent home to share with families what children are learning throughout the program. Staff work with each site to determine which curriculum will be the best fit for their classrooms.



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



6,041

Total SNAP-Education Participants



12.8%
Adults



87.2%
Youth



3.2% Identified as Hispanic
68.7% Identified as Non-Hispanic
28.1% Unknown

RACE OF PARTICIPANTS

- 72.7% White (4,391)
- 20.8% Black (1,256)
- 2.1% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (125)

Our Community Partners



18
K-12 Schools



9
Youth Centers



20
Early Childhood Centers



1
Stores and Markets



19
Community Centers



2
Food Pantries and Food Banks



Creating Compassionate Communities

Compassion fatigue has been described as a state of physical and mental exhaustion caused by a depleted ability to cope with one's everyday environment. Professionals regularly exposed to the traumatic experiences of the people they serve are particularly vulnerable.

In an effort to address this issue in the community, Susan Sloop, Family Life educator from U of I Extension, partnered with Centerstone Behavioral Health, Prevent Child Abuse Illinois, and Egyptian Health Department to form Creating Compassionate Communities (CCC). The overarching goal of CCC is to encourage participants to become more aware of the impact of burnout, compassion fatigue, and visceral trauma on them.

This year's cohort included 44 individuals who participated in a poverty simulation. After the simulation one participant reported, "I did not realize just how many different agencies a person has to visit in order to get basic needs met." Another reported, "It truly is an eye-opening experience and one that will definitely make me think about the struggles my clients go through."



Susan Sloop, Family Life educator, presents "I'm Positive I'm Aging" to a community group. In her role, Susan partners with local agencies to provide educational programming that focuses on health, parenting, child development, professional development, and personal growth.



Every \$1 spent on nutrition education saves up to \$10 in long-term health care costs.

EAT. MOVE. SAVE. Healthy Text Pilot

The EAT. MOVE. SAVE. Healthy Text Pilot was kicked off in this unit in late September and ended at the end of November. Each week for eight weeks, participants received two text messages with healthy tips and recipes and one text message tailored with a local message regarding events (such as farmers markets, food pantry hours, local SNAP-Ed programs) happening throughout their local community.

Unit 26 recruited a total of 135 unique participants for the program and was able to retain 72% of those throughout the entire project. Participants may have opted out of receiving the messages or provided invalid phone numbers. Unit 26 recruited the largest number of participants. Throughout the 8-week project, there were several text surveys sent out asking for participants to respond to a multiple-choice question. Just over half of the participants interacted through the surveys. Below are some of the details we received from the surveys:

- ▶ The most popular topics were saving money and recipes.
- ▶ Message usefulness-50% very useful, 40% somewhat useful, 10% not useful
- ▶ Message frequency-not enough 10%, just right 80%, too much 10%

After a successful pilot project, this program is being rolled out statewide with the intentions of being offered every eight weeks. Since the messages and recipes will be the same each series, participants will be asked if they would like to continue receiving local messages but will not receive the additional two messages each week.



Career and Technology Field Day

The U.S. Department of Agriculture predicts there will be over 55,000 job openings annually in agriculture and allied industries each year through 2020, with only 35,000 graduates available each year to fill these positions. U of I Extension is helping address this issue by introducing high school students to the field of agriculture through events such as Career and Technology Field Day at Ewing Demonstration Center. Since its inception three years ago, nearly 500 students have attended this annual event.

This year, Dr. Kim Kidwell, dean of the College of Agricultural, Consumer and Environmental Sciences (ACES), Dr. Shelly Nickols-Richardson, associate dean and director of U of I Extension and Dr. Germán Bollero, associate dean for research in the College of ACES, spoke to the students about their beginnings and how agriculture shaped their career paths. During the event, students were transported around the center to various stops to visit with each presenter while also touring our facilities and learning more about the research being conducted on-site.

The event provided recruiting opportunities for the University of Illinois and Southern Illinois University. University representatives were on hand to advise students on what paths to take to educate themselves toward careers in agriculture. Industry leaders from companies such as Monsanto, Syngenta, and Case IH were also in attendance to answer questions as well as talk to students about what they look for in potential employees.



Area high school students check out a helicopter from Black Diamond Harley Davidson during Career and Technology Field Day at Ewing Demonstration Center. Helicopters can be used for aerial seeding, which allows efficient coverage of a large area in a short amount of time.

Career Exploration and Workforce Preparedness

Through 4-H, young people learn skills that are needed to succeed in life and in their careers. When young people are empowered to pursue their passions and skills, they become true leaders in their lives, careers, and community. Through university-supported research, community-based programs, and the largest national network of positive youth-adult relationships, 4-H has inspired youth to act and learn by doing for more than a century.

One example is the teen program “Welcome to the Real World.” The program allows students to try their hands at making tough choices such as what career to pursue, what car to buy, where to live, and how to pay their bills based on the life decisions they have made.



Sara Marten, 4-H youth development educator, presents “Welcome to the Real World” to area high school students.

Providing STEAM Opportunities

More than ever, a high-quality math and science education is the foundation for opportunity. According to *U.S. News and World Report*, by 2020 almost two-thirds of all jobs will require education that is supported by the critical-thinking and problem-solving skills learned in math and science. In the same period, almost as many jobs will require basic literacy in science, technology, engineering, and math.

Our 4-H clubs expose youth to the areas of science, technology, engineering, arts, and mathematics through fun hands-on projects and activities. These programs are designed to not only instill curiosity and critical thinking but also help youth develop the skills they need to be successful in life.



30 Days of Doing

During the month of September, 4-H kicked off “30 Days of Doing,” which resulted in 1,059,083 kids doing with a purpose around the nation. Our 4-H members don’t just wait for September. They do fun, educational, and service-oriented hands-on activities each and every month.



The Perry County 4-H members participate in the Helping Hands Stand at the DuQuoin State Fair.



Through a community beautification grant, the Franklin County 4-H members help plant flowers around the area.



<https://4h.extension.illinois.edu/>



Produce raised in the Jackson County 4-H Garden is donated to the local food pantry.

Serving Youth in Franklin, Jackson, Perry, Randolph, and Williamson 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



6,379
4-H Participants



614
Adult Volunteers



833
4-H Club Members



461
First Year Members

RACE

- 88 % Caucasian
- 8 % African American
- 4 % Asian, American Indian, Pacific Islander, 2 or more races, or unknown

- 95 % Non Hispanic
- 5 % Hispanic

ETHNICITY

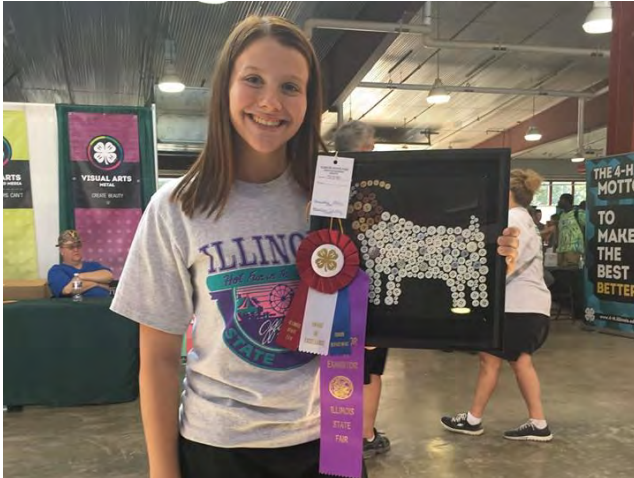


- 5.5 % Farm
- 76.5 % Small Town under 10,000
- 18 % Town 10,000 to 50,000



4-H Awards

In 4-H, members work on projects that interest them. From cooking to sewing a dress, building a robot, or even caring for the environment, our 4-H members decide what they want to learn. Within each county, 4-H members entered projects at a local show. During the summer of 2018, there were 61 award-winning 4-H members that went on to display their work at the Illinois State Fair in Springfield the second week in August, with 12 bringing home superior ratings!



Whether at local shows or the Illinois State Fair, our 4-H kids showcase their very best!



A Williamson County 4-H member shows off his blue ribbon at the goat show.



Randolph County Experience Award Winners

Giving Back

Through service projects, 4-H clubs give back to the community in a big way. Whether they are making toys for local animal shelters, raising money for cancer research, or donating toys to children's hospitals, 4-H members are always learning by doing through hands-on experiences that are impactful.



The Franklin County Independent 4-H member's Club planted and harvested pumpkins. Through their efforts, a total of \$500 was raised and donated to the Coach Kill Cancer Fund!



The Jackson County Wranglers made stick horses to donate to Cardinal Glennon Children's Hospital as part of their community project.



The Randolph County Federation held a workshop to make toys for the local animal shelter.



Master Gardeners

U of I Extension Master Gardeners “Help Others Learn to Grow.” Master Gardeners involve people in improving the quality of life by helping them find sound management practices for home and urban natural resources, by creating aesthetically pleasing environments, by promoting well-being through people-plant interactions and horticultural therapy, and by contributing to a safe, abundant food supply through home fruit and vegetable production.

Master Gardeners are volunteers who provide service to the community by addressing common horticulture problems and questions. They share special interests and have the opportunity to share their talent and knowledge with others.



Master Gardener Karen Glynn teaches local middle school students about horticulture through club DIGS (Doing Interesting Garden Stuff).



Sally Cook received the Outstanding Master Gardener Award at the 2018 University of Illinois Statewide Master Gardener Conference in Springfield.



Master Naturalist Jon McClurken helps a 4-H participant put a plaque on a tree at Pyramid State Park.

Kids in the Park

The Master Naturalist Program provides science-based educational opportunities that connect people with nature and help them become engaged environmental stewards. Designed to help kids get excited about conservation, Kids in the Park is a collaborative program between 4-H and Master Naturalists that helps foster the next generation of environmentally conscious citizens. Over the summer, Perry County 4-H members were part of the Kids in the Park Bicentennial Celebration at Pyramid State Park. With the help of Master Naturalist volunteers, participants worked to identify trees and place plaques on them.

Kids in the Woods

Master Naturalist volunteers dedicate several hours a month for the Kids in the Woods initiative, which brings families to the park for outdoor-themed, hands-on activities. Thanks to the enthusiasm of these volunteers, many families who have never been to Giant City State Park get an up-close experience with nature-based activities.



The Kids in the Woods Program was selected to receive the 2018 Illinois Department of Natural Resources Outstanding Volunteer of the Year Award.



Community



Food Access & Production



Youth Development



Lynn Heins
County Director



Cindy Bauman
4-H Program Coordinator



Terri Cagle
Office Support Associate



Landon Chandler
*Community Worker,
SNAP-Ed*



Jance Curry-Witzman
*Community Worker,
SNAP-Ed*



Joe DeVillez
Office Support Assistant



Alisha Eggers
*Community Worker,
SNAP-Ed*



Nathan Johanning
*Extension Educator,
Local Foods/Small Farms*



Alicia Kallal
*Extension Educator,
Horticulture*



Erica Kurtz
Office Support Assistant



Marc Lamczyk
*Program Coordinator,
Agriculture*



Sara Marten
*Extension Educator,
4-H and Youth Development*



Rebecca Needham
4-H Program Coordinator



Jennifer Newbury
*Work Program Participant,
SNAP-Ed*



Caitlin Pursell
Office Support Assistant



Maggie Ray
*Program Coordinator,
Local Foods/Small Farms*



Staff Directory



Rhonda Shubert
4-H Program Coordinator



Hannah Sickmeyer
*Community Worker,
SNAP-Ed*



Susan Sloop
*Extension Educator,
Family Life*



Brandi Swisher
4-H Program Coordinator



Esther Waddy
4-H Program Coordinator



Heather Willis
Office Support Assistant



Toni Kay Wright
*Extension Educator,
SNAP-Ed*

Not Pictured:
Patti FitzPatrick
Business Manager





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Randolph County Extension

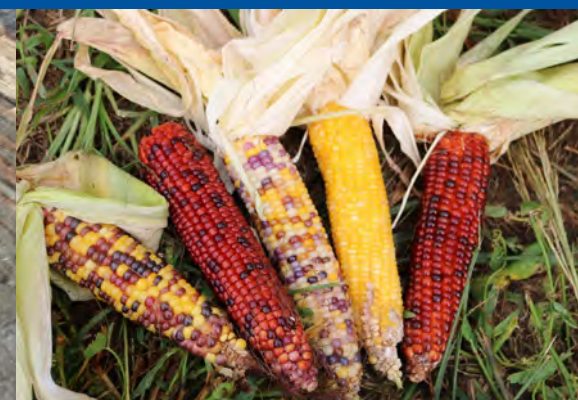
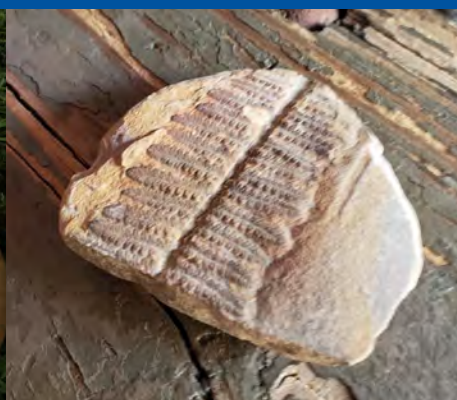
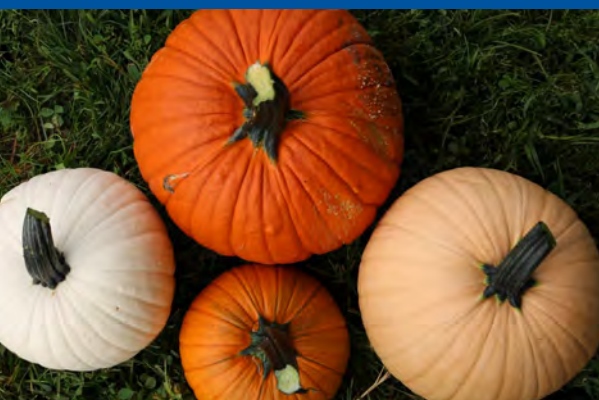
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/UIE26



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.

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ILLINOIS EXTENSION
COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES