



2019 IMPACT REPORT

University of Illinois Extension
Franklin, Jackson, Perry, Randolph, & 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

Extension plays a vital role in building a strong community by providing services that help solve problems, develop skills, and build a better future for local residents and youth. Our programs aim to address the most pressing issues in the state of Illinois relating to food, health, environment, community, and economy.

We are grateful 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 and business contributions. Additional sources of important revenue are provided through federal, state, and other grant funds.

We are pleased to share this brief impact report highlighting Extension's work within the Franklin-Jackson-Perry-Randolph-Williamson County unit. Thank you for your continued support!

Lynn Heins
County Extension Director



Extension Council

We appreciate our 2018-19 Extension Council Members who dedicate their time and talents to the mission of University of Illinois Extension:

Amber Anderson	Brenda Jones
Rick Avery	Greg Jones
Ron Ferguson	Jon McClurken
Jessica Grammer	Ian Perkins
Josh Gross	Lori Robertson
Beverly Harsy	Michaela Stewart
Don Harsy	Rick Whitecotton
Shari Heine	Ruie Whitecotton



A Williamson County 4-H member practices his archery skills. Through 4-H Shooting Sports, youth learn marksmanship, the safe and responsible use of firearms, the principles of hunting, and archery.



Randolph County 4-H youth learn more about drones during their Flying High SPIN Club. In a special interest (SPIN) club, the focus of the club meetings is on one specific project which members are all interested in, and most of the meeting is spent developing new skills that help youth become very good in that specific project area.



Horticulture Educator Austin Little installs plants in the newly established rain garden at the Jackson County Extension Office.

2019 Statistics



108
Volunteers



4,422
Volunteer Hours



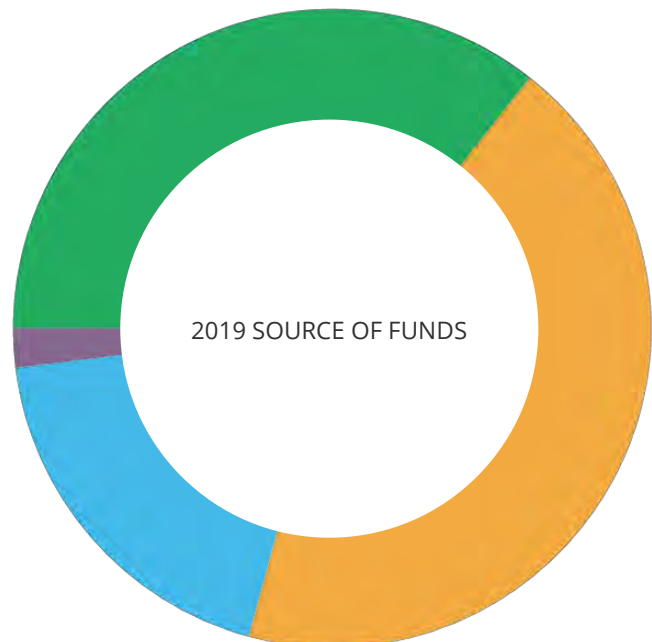
\$112,452
Value to
Communities



11,113
Direct Contact



249
Projects & Programs



36% Local Funds
44% Federal Funds
19% State Funds
2% Grants



Ewing Agronomy Field Day

Extension educators and campus faculty came together this summer to provide best management practices for local growers at the Ewing Agronomy Field Day. The unseasonably wet spring, filled with heavy rains, caused delayed planting and even prevented planting across the region.

This year's field day focused on aiding farmers with management practices during one of the most challenging years. The event also provided an opportunity to kick off the newly established Ewing Field Research Fund. Investments to this fund will renew and enrich the more than 100-year legacy of agronomic research at the center.



Nathan Johanning, local foods & small farms educator, shares information on cover crop and weed management during Ewing Field Day.



Senator Dale Fowler (far L) and Representative Dave Severin (far R) showed their support for local agriculture research initiatives with contributions to the Ewing Field Research Fund.

Summer Twilight Meetings

University of Illinois Extension Local Food Systems & Small Farms Educators, Bronwyn Aly and Nathan Johanning, have partnered with area farms over the past five years to provide evening meetings to highlight and demonstrate diverse farming enterprises within the region.

Over 100 individuals attended four programs held throughout southern Illinois, which allowed our educators to showcase area farms, as well as their own research initiatives.

The following locations played host to the summer series: Farmstead Foods/Double Star Farm in the Benton/Ewing area, Dixon Springs Agricultural Center (DSAC), Mileur Orchard in Murphysboro, and the Jackson County Extension Office.



Over 50 participants attended the Summer Twilight Meeting at the Dixon Springs Agricultural Center (DSAC) where they learned more about high tunnels, as well as production and management practices for multiple crops.



Bronwyn Aly, local foods & small farms educator, discusses a hydroponic table used in one of the DSAC high tunnels.



Learn more about our Local Foods & Small Farms team:
extension.illinois.edu/fjprw/local-foods-small-farms



Research Trials

In October, our Local Foods & Small Farms team harvested pumpkins raised at our Jackson County office. They have a 200 square foot rectangle used to estimate yield for each plot. Their trials examine how various biological products affect nutrient uptake. Their nitrogen trial will help growers determine which nitrogen rates are most cost effective for our southern Illinois soils.



Our Local Foods & Small Farms team provide resources to help consumers and producers better understand their roles and responsibilities within the local food movement.



Nick Wherley, coordinator of recruitment with the University of Illinois College of Agricultural, Consumer and Environmental Sciences (ACES), speaks to local students at the annual Career and Technology Field Day.

Student Career & Technology Field Day

Over 100 local high school and community college students had the opportunity to learn more about the field of agriculture during the Career and Technology Field Day held at the Ewing Demonstration Center.

Each year, industry leaders attend the event to answer questions and talk to students about what they look for in potential employees. The event provided recruitment opportunities for the University of Illinois, as well as Southern Illinois University.

Guest speakers, WSIL News 3 meteorologists Nick Hausen and John Ross, stopped by to discuss career opportunities in meteorology and how they relate to the field of agriculture. Farm Bureau addressed the importance of fiscal responsibility, even at an early age. Students also got behind the wheel of a John Deere 8320 tractor from Wm. Nobbe & Co., as they tested the advanced features of the equipment, including auto-steer and GPS functions. Since the program began in 2016, Extension has hosted over 600 students at this annual event.

We invite area vocational agriculture programs to the event as it exposes students to different aspects of our research and the agriculture industry. This helps them to be better prepared for classes (both in high school as well as college) that they will use in pursuing a career in agriculture.
MARC LAMCZYK, LOCAL FOODS & SMALL FARMS PROGRAM COORDINATOR



Nourish Your Neighbor

Approximately 95 food pantries, located throughout the lower 16 counties of Illinois, make up the Southern Illinois Food Pantry Network to help address the 1.4 million people struggling with hunger. In order to meet the high demands of food assistance, pantries must rely on donations from the community to keep their shelves stocked.

The Sack Hunger Food Donation Study findings revealed that not all of the foods being donated are meeting the nutritional quality recommended by the Feeding America "Detailed Foods to Encourage" Framework. The study found that only 26% of donations are considered healthful, with the remaining 74% being high in sodium and highly processed.

Through the Nourish you Neighbor initiative, individuals are encouraged to donate healthy foods. Shopping lists and point of decision prompts are available to help potential donors identify healthy, shelf-stable foods that are needed on food pantry shelves.

SNAP-Ed Extension Educator Toni Kay Wright is a key member of this group. Together they are working to identify ways to reduce hunger and improve the health and wellbeing of our community through access to healthy and nutritious food, education, resources, and advocacy.



SNAP-Ed Educator Toni Kay Wright places point of decision prompts near healthy food choices at a local supermarket.



SNAP-Ed Community Workers Hannah Sickmeyer and Landon Chandler share samples and recipes for healthy alternatives to sodas and other sugary drinks.

Mobile Health Fairs

Extension has worked with Southern Illinois Healthcare (SIH) and the St. Louis Area Foodbank to provide free health fairs in conjunction with mobile food markets. Individuals were able to receive a health screening to check blood pressure, blood sugar, BMI, and cholesterol, while also learning more about diabetes, heart disease, stroke, and other preventable chronic diseases.

In addition to helping address food insecurity through mobile markets, these health fairs are a way to reach uninsured or underinsured individuals, who may not get regular checkups to know their numbers.

After two events, 75% of those screened were recommended to follow-up with a healthcare provider to address abnormal screenings. During one screening, two individuals were sent to the local emergency room due to high blood sugar and high blood pressure.
TONI KAY WRIGHT, SNAP-ED EXTENSION EDUCATOR





Early Head Start Collaboration

Through a partnership with Centerstone's Early Head Start Program (EHS), community participants are transported to the Franklin County Extension office once a month for a program presented by the SNAP-Ed staff. Attended by both parents and children of Franklin/Williamson counties, families can learn to cook new healthy recipes while learning ways to eat and shop smarter.

The family messaging program is one way SNAP-Ed is providing nutrition education and obesity prevention intervention services and resources to low-income families in our community. Around fifteen families participate in the program on a monthly basis.



Community participants learn to cook new healthy recipes during monthly programming hosted at the Franklin County Extension Office.

The Community Workers have found a way to connect with our Early Head Start families and get them excited about cooking and eating healthy. I enjoy hearing how our families are taking the information received in these cooking classes and using it in their own homes.

FORMER HEALTH COORDINATOR/NURSE,
EARLY HEAD START PROGRAM



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



4,407

Total SNAP-Education Participants



14%
Adults

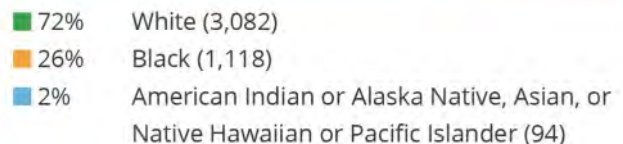


86%
Youth



3% Identified as Hispanic
75% Identified as Non-Hispanic
23% Unknown

RACE OF PARTICIPANTS



Our Community Partners



28
K-12 Schools



4
Youth Centers



29
Early Childhood



11
Community Centers



16
Food Pantries and Food Banks



Brain Health & Keys to Aging

Our family life educators partner with local agencies to provide educational programming that focuses on health, parenting, child development, professional development, and personal growth.

They emphasize healthy lifestyles throughout the lifespan, providing community-based training and education on life issues affecting families, adults, and individuals as they age.

Local residents learned that two heads are better than one during a brain health program on socialization, led by Family Life Educator Susan Sloop.

She stated that “what is good for your body is good for your brain,” as she shared contributing factors that strengthen brain health. Sloop also encouraged participants to stay social and reconnect with friends, as these relationships can help improve thinking skills that can deteriorate as we age.



Family Life Educator Susan Sloop shares brain health information with local residents.

This spring, Susan Sloop made her way through Randolph County as she conducted the senior series Keys to Embracing Aging. During her programming at the Sparta Senior Center and the Chester Senior Center, Susan shared key factors that make a difference in the aging process, including how to stay mentally fit, maintaining a positive attitude, and the importance of physical activity.

Illinois Junior Chef

Illinois Junior Chef is a fun, engaging program that allows youth to learn about nutrition and gain kitchen skills. New recipes introduce participants to healthy options, while kids get the opportunity to make their own nutritious meals and get excited about healthy foods.

Over the summer, our unit's Junior Chef program reached over 170 participants at nine sites, including an additional location that will continue programming throughout the year.



Our SNAP-Ed community workers led Illinois Junior Chef programs throughout the summer. The program allows students to feel more confident cooking in the kitchen and making healthier food choices.





Shop Local

University of Illinois Extension is instilling the importance of local shopping with the youngest cohort of consumers: elementary school students. Created by Community and Economic Development Extension Specialist Susan Odum, Cha-Ching! Into the Community Chest is a simulated exercise that teaches the importance of shopping local, while encouraging entrepreneurial thinking in a fun, interactive way.

The program includes a “buy local” board game that introduces the students to the concept of shopping local, so they have a better understanding of the community services supported through local dollars. The game demonstrates how spending money in the local economy can lead to activities and initiatives that would interest them, such as new parks or special events in the town in which they live.



Students learned more about shopping local during Cha-Ching! Into the Community Chest.



Fifth grade students from Sesser-Valier Elementary School with Mayor Jason Ashmore (far L) and Chamber of Commerce President Drew Kelly (far R).



Each year elected and appointed local government officials and administrators from across the state improve their knowledge and skills through professional development webinars provided by U of I Extension. Community and Economic Development Educators work with their statewide colleagues to plan and market these monthly webinars. Over the past year, webinars have reached more than 1,589 participants through live and recorded sessions. The most popular topics included *adapting to and understanding increases to the minimum wage in Illinois*, *economic diversification for communities dependent on coal revenue*, *developing energy from renewable sources for communities transitioning from coal*, and more. These webinars are available for view at <https://go.illinois.edu/LGEarchives>.

Statewide Webinar Reach



390

Reached in Community Involvement and Leadership Webinars



86

Reached in Food Access Webinars



191

Reached in Economic and Financial Well-being Webinars



922

Reached in Economic Vitality and Community Resiliency

The mission of University of Illinois Extension Community and Economic Development is to help communities build capacity for creative and informed decision-making to enhance the quality of life.



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



4,933
4-H Participants



85 Adult
Club Volunteers



631
4-H Club Members



242
First Year
Members

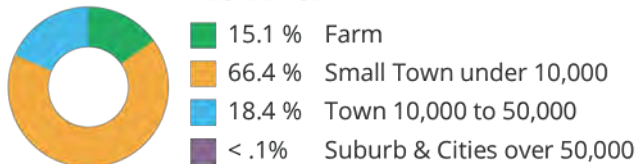
RACE



ETHNICITY



RESIDENCE



4-H Hall of Fame

Three local 4-H leaders were among the 80 individuals inducted into the 4-H Hall of Fame during an August ceremony at the Illinois State Fair in Springfield. Cathy Hewlett of Franklin County, Sharon Swisher of Jackson County, and Donald Elliott of Williamson County were all honored for their service as 4-H volunteers. We are thankful for 4-H mentors that inspire, empower, and prepare our youth for success.



The Illinois 4-H Foundation annually recognizes 4-H volunteers for exemplary service. Three local members were among the 2019 inductees.

4-H Fair

The fair provides an opportunity for youth to demonstrate the knowledge and skills they have gained throughout their time in 4-H by displaying their projects. 4-H youth who raise beef, swine, sheep, goats, dairy, or poultry for their annual projects can showcase them at the livestock show. Their finished projects are then included in the livestock auction, which is open to the public. The auction directly benefits local 4-H youth as they receive the full proceeds from the sale of their animals.



Local 4-H members gain more than a ribbon when they showcase their animals...they gain confidence, too!



Serving through 4-H

Community service projects are an opportunity for youth to develop a sense of pride and ownership for the community in which they live.



Williamson County 4-H members participate in the National Day of Community Service by working at the Herrin House of Hope Soup Kitchen.



Jackson County 4-H members made toys and treats to donate to the animals of the Southern Illinois Humane Society.



Through their work with Sleep in Heavenly Peace, Perry County and Franklin County 4-H members helped build beds for children in need to ensure they have a safe, comfortable place to sleep.

Learn by Doing in 4-H

In 4-H, members learn about topics that interest them. From learning how to cook, to building a robot, or caring for the environment, the 4-H member decides what they want to learn and do as they explore their project. This allows the project to be self-paced and provides the opportunity to set and achieve goals.



Discover all that 4-H has to offer at:
4h.extension.illinois.edu



Conservation Fair

Over 2,000 local students attended the fall Conservation Fair at the DuQuoin State Fairgrounds. Educators, Master Gardeners, Master Naturalists, and other staff led fun activities in everything from food production to rain gardens, animals, erosion, pollinators, STEM activities, and more. It was an excellent opportunity to showcase everything that Extension has to offer!



Rain Gardens

Rain gardens are a useful landscape feature designed to capture excess storm water runoff from impervious surfaces like buildings, roads, and driveways. Rain gardens absorb more water than a typical lawn, while providing habitat for pollinators and wildlife. Over 300 native plants installed in a new rain garden at the Jackson County office will provide a valuable demonstration garden for education and evaluation of its impact on the environment for years to come.



Rain Garden Installation

Master Naturalists

Our Master Naturalist program is comprised of a corps of volunteers that provide support in the conservation, management, and interpretation of the area's natural resources. They host conservation activities in local natural areas and conduct environmental programming through presentations, tours, and displays.



Much of the work done by our Master Gardeners and Master Naturalists directly impacts our youth development initiatives. They volunteer their time conducting horticulture education, or natural resource-related programming for our local youth.



Learn more about the Master Naturalist program:
extension.illinois.edu/fjprw/master-naturalists



Master Gardeners

University of Illinois Extension uses trained Master Gardener volunteers to meet the constant demand for horticultural consumer information by citizens of our state and region. The mission of the University of Illinois Extension Master Gardener program is, "Helping Others Learn to Grow." Master Gardeners involve people in improving quality of life by helping them find sound management practices for home and urban natural resources, creating aesthetically pleasing environments, 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 hosted pop-up programming and answered horticulture-related questions at the DuQuoin State Fair.



Students from Pinckneyville Middle School plant flowers downtown with the help of Master Gardener volunteers.

Community Garden

Through a partnership with University of Illinois Extension Master Gardeners and Master Naturalists, Good Samaritan House staff, and members of the Carbondale Garden Study Club, a community garden was established at the Good Samaritan House. The garden, planted in late May, has flourished with a variety of tomatoes, melons, and cucumbers. Fresh produce raised in their backyard has been incorporated into recipes served in the soup kitchen, and has supplemented their food order.



Since this garden started, I noticed people come out to sit at the picnic table and socialize more. Many have shared stories about how they had a parent or grandparent that gardened. When I'm out here working, someone will come up to me and say, 'I watered the garden today,' or, 'I just picked the best cucumber.' They have taken pride and ownership in this.

TERRY FOSTER, MASTER GARDENER AND MASTER NATURALIST



Learn more about the Master Gardener program:
[Extension.illinois.edu/fjprw/master-gardener](https://extension.illinois.edu/fjprw/master-gardener)



Staff Directory



Lynn Heins
County Director



Cindy Bauman
4-H Program
Coordinator



Terri Cagle
Office Support Associate



Alisha Carruthers
Community Worker,
SNAP-Ed



Landon Chandler
Community Worker,
SNAP-Ed



Jance Curry-Witzman
Community Worker,
SNAP-Ed



Joe DeVillez
Office Support Assistant



Debi Hanson
Office Support Associate



Nathan Johanning
Extension Educator,
Local Foods/Small Farms



Erica Kurtz
Office Support Assistant



Marc Lamczyk
Program Coordinator,
Agriculture



Austin Little
Extension Educator,
Horticulture



Rebecca Needham
4-H Program
Coordinator



Jennifer Newbury
Community Worker,
SNAP-Ed



Caitlin Pursell
Office Support Assistant



Maggie Ray
Program Coordinator,
Small Farms/Local Foods



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

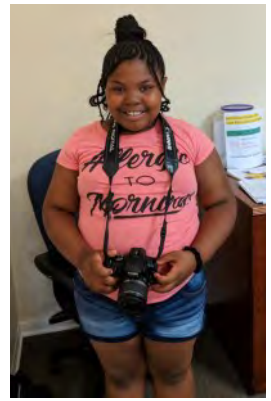


Heather Willis
Marketing & Comm.
Program Coordinator



Toni Kay Wright
Extension Educator,
SNAP-Ed

Not Pictured:
Patti FitzPatrick,
Business Manager



Health & Wellness



Unit Staff

Community



Food Access & Production



Youth Development



OFFICE LOCATIONS

Franklin County Extension
1212 Rt. 14 West
Benton, IL 62812
(618) 439-3178
Fax: (618) 439-2953
Mon - Fri, 8 am - 4:30 pm

Jackson County Extension
402 Ava Rd.
Murphysboro, IL 62966
(618) 687-1727
Fax: (618) 687-1612
Mon - Fri, 8 am - 4:30 pm

Perry County Extension
3764 State Rt. 13/127
Pinckneyville, IL 62274
(618) 357-2126
Fax: (618) 357-3934
Mon - Wed, 8 am - 4:30 pm

Randolph County Extension
313 W. Belmont St.
Sparta, IL 62286
(618) 443-4364
Fax: (618) 443-1922
Mon - Thurs, 8 am - 4:30 pm

Williamson County Extension
101-B E. DeYoung
Marion, IL 62959
(618) 993-3304
Fax: (618) 997-1542
Mon - Fri, 8 am - 4:30 pm

ONLINE



/UIExtensionFJPRW



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.