

# Impacting YOU

**I**  
ILLINOIS  
Extension

August  
2018

"Impacting You" is a monthly report used to communicate University of Illinois Extension - Unit 26 programming impacts to stakeholders.

Dear Valued Stakeholder:

It is my pleasure to present this brief impact report of the programs and events offered to residents of Franklin, Jackson, Perry, Randolph and Williamson Counties during this past month. - Lynn Heins, Unit 26 County Extension Director

## Total Direct Contacts

(Excluding SNAP-ED)

184

## Total Number of Programs & Events

6

## SNAP Education

This federally funded Supplemental Nutrition Assistance Program (SNAP-Ed) is nutrition education provided for SNAP participants and other low-income individuals.

## Total Direct Contacts

255

## Total Number of Programs & Events

26



This month Susan Sloop and the other Family Life Educators made a state-wide impact by providing a Wits (Brain Health Program) Fitness Workout, "Two Heads are Better Than One" to 276 Illinois Municipal Retirement Fund Members. This year marks 11 years of University of Illinois Extension working with partners to provide research-based programs to citizens in Illinois. Locally, Susan is gearing up for a busy fall providing Better Brains for Babies Workshops for Early Childhood Educators and various Healthy Living programs throughout the Unit.

### Family Life Spotlight

With Susan Sloop,  
Family Life Educator

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

# Open House & Tomato Production Twilight Meeting

In mid-August, the Jackson County Extension Office showcased their research trial of 12 determinate red slicing tomatoes during the peak of the harvest season. This free in-field program brought 35 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.



## 4-H Makes Learning Fun!



In 4-H, members work on projects that interest them. From cooking, 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.

This summer, 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!



University of Illinois Extension  
Franklin|Jackson|Perry|Randolph|Williamson Unit 26  
402 Ava Road, Murphysboro, IL 62966  
(618) 687-1727 | <https://web.extension.illinois.edu/fjprw/>

University of Illinois • U.S. Department of Agriculture • Local Extension Councils  
Cooperating with University of Illinois Extension provides equal opportunities in programs and Employment. If you need a reasonable accommodation to participate in programming, contact your registration office.