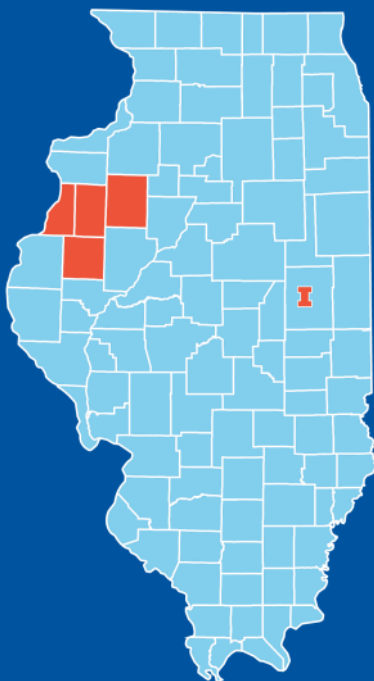




University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of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

University of Illinois Extension is making a difference in the lives of residents in Henderson, Knox, McDonough, and Warren counties. Extension staff and trained volunteers are assisting community residents with programming concerning communities, health, environment, economics, and families. Educators are helping farmers navigate learning about new crops, assisting residents in aging safely, keeping our brains active, encouraging entrepreneurs, and helping communities plan for the future, or an impending disaster. Master Gardeners and Master Naturalists are getting our families outside and teaching them about the world in which we live. SNAP-Ed staff are teaching children and families how to make better food choices while staying on a budget. Youth staff and 4-H leaders are teaching leadership skills, and helping youth decide on career paths, all while reinforcing 4-H's long-standing values.

I hope you enjoy spending a few moments, or maybe a bit longer, exploring all the things that your local University of Illinois Extension office has accomplished this past year. You'll also get a bit of a glimpse into where we are headed in the future. As always, if this report sparks any questions or ideas you may have for our programming efforts, please feel free to stop by or contact one of our offices. We would love to hear from you.

Thanks for all of your support for our programs and staff! We look forward to serving you for many years to come.

Lisa Torrance
County Extension Director



The Knox County 4-H livestock judging team demonstrated their skills to Representative Dan Swanson during an Extension visit.

Financial Report

REVENUES	\$1,175,202
State Funds/Match	\$308,973
County Board, Federation & Foundation	\$303,971
Federal SNAP	\$130,998
Local Donations	\$34,214
Program Fees	\$24,231
Smith Lever	\$325,000
4-H Premiums	\$26,498
Emergency Reserves	\$21,317
EXPENDITURES	\$1,175,202
Federal SNAP	\$136,628
Materials, Supplies, Utilities & Rent	\$113,167
Program Expenses & Salaries	\$565,341
Smith Lever	\$325,000
Transportation	\$42
Awards	\$35,024

The People



19
Staff



157
Volunteers



113
Partners

The Process



657,000
Social Media Visits



411,000
Website Visits



161
News Releases



56
Newsletters



19
Radio & Television Appearances



CBD Hemp Field Day

With the state of Illinois' legalization of crops derived from the species *Cannabis Sativa*, such as industrial hemp and CBD, Illinois farmers are anxious to add a new crop into their rotation schedule. However, farmers are faced with many questions and problems because little research has been done on cannabis due to that fact that it had previously been illegal in the state, and is still illegal federally. Much of what was once known about growing hemp must be relearned by a new generation of farmers. Extension is rising to the challenges posed by the new cannabis crops, partnering with local farmers and American Hemp Research to offer workshops giving farmers the information they need to grow this crop.

Extension staff and educators offered an on-site field day at a local CBD hemp farm near Roseville, Illinois. The event registration filled at 150 individuals and several more walk-ins arrived on the day of the workshop. Extension educators delivered research, cultural, and regulatory information to the participants, while the local CBD grower gave tours of their facility, sharing stories of successes and difficulties in learning this new crop. More workshops in partnership with the Roseville CBD Farm and American Hemp Research are planned for 2020.



Participants were able to see a field of hemp first-hand, and ask questions about the growing and harvesting process.



Industrial hemp being grown in the greenhouse at American Hemp Research Farm.

CBD Hemp Variety Trials

Extension has begun to rebuild its knowledge base on growing cannabis crops. An interdisciplinary team of Extension educators has assembled a plan to begin CBD hemp variety trials to better inform growers what varieties of hemp grow best in the various regions of Illinois. The variety trial will include sites in Northern, Central, and Southern Illinois. The Central Illinois site is to be located at the Northwest Ag Research Center near Monmouth. Local commercial agriculture and horticulture educators will work together to install several CBD variety plots at the farm in Monmouth. These plants will be studied and compared to those grown throughout the state to build research-based recommendations for farmers.

This team of Extension educators has been in close communication with faculty at Western Illinois University, Southern Illinois University - Carbondale, University of Illinois, and university faculty outside of Illinois, to ensure we can bring useable research to Illinois farmers. In addition, Extension educators have the potential to inform regulators, decision-makers, and consumers as new cannabis crops and products come to market.



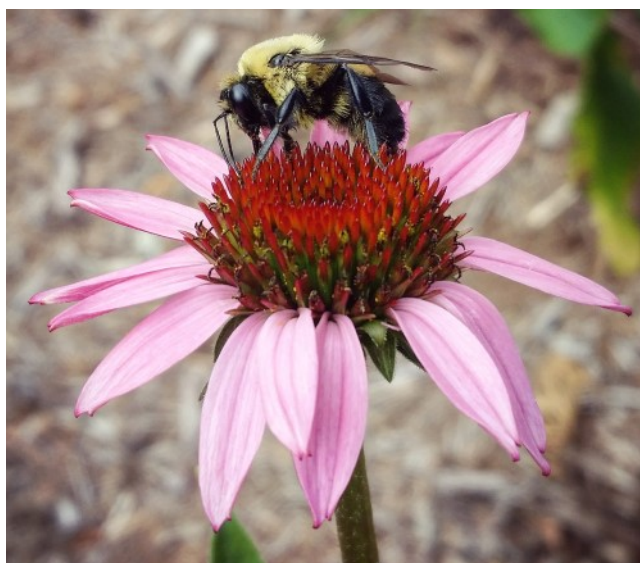
Industrial Hemp Production Resources
<https://extension.illinois.edu/jsw/industrial-hemp-production>



Master Naturalists searching for aquatic species

Three Rivers Master Gardeners take their mission of "helping others learn to grow" to heart.

- › 3,200 hours were donated by 45 active Master Gardeners.
- › Over two tons (more than 5,100 pounds) of food was grown and donated to local food pantries.
- › Planned, maintained, and used five different sites for educational purposes.
- › Hosted the 25th Annual Gardener's Day, helping more than 100 people learn gardening tips and techniques.
- › Joined with the Three Rivers Master Naturalists to host the 5th Annual Monarch Migration Festival, bringing 800 visitors from across Illinois and beyond to learn about the importance of pollinators and native species in the garden.



@three_rivers_hort



@ThreeRiversHort



68
Volunteers



4,900
Volunteer
Hours



\$125,000
Value of Volunteer Hours



912
Continuing Education Hours



197
Questions Submitted Online

Three Rivers Master Naturalists connect people with nature and help them become engaged in environmental stewardship through science-based educational opportunities.

- › Over 1,700 hours were donated by 23 active Master Naturalists.
- › Collaborated with numerous organizations within our community, such as the Illinois Audubon Society, Pheasants Forever, Illinois Farm Bureau, local schools, and libraries to name just a few.
- › Hosted approximately 50 individuals and families at the 1st Annual National Trail Day. Guests enjoyed guided hikes at Blackthorn Hill Nature Preserve, as well as informational booths and art activities.
- › Joined with the Three River Master Gardeners to host over 800 visitors at the 5th Annual Monarch Migration Festival. Scientific tagging of Monarch butterflies took place, as well as multiple butterfly releases. Attendees also learned about the lifecycle of the Monarchs and the importance of habitat.



@SixCountyESN

Business Bullpen

The Six County Entrepreneurial Support Network (ESN) continues its focus on identifying and supporting existing and potential entrepreneurs in West Central Illinois. A panel of local entrepreneurs participated in an after-hours Business Bullpen event hosted by the ESN. Panelists discussed their personal experiences of starting, maintaining, and expanding a small business in the local area. Facilitated by WRMJ radio station owner, John Holscheidt, the panel used their experiences to answer questions for potential entrepreneurs in attendance.

Henderson County Disaster Programming

Throughout the year, Extension Educator Carrie McKillip facilitated the update of Henderson County's Multi-Jurisdictional Hazard Mitigation Plan. Extension is also an active participant with the Henderson County Community Organizations Active in Disaster, and assisted the Medical Reserve Corps with a training exercise in Oquawka, Illinois. McKillip also worked with the Henderson County 4-H Federation on understanding disaster preparedness. The federation then developed supply kits, and delivered them throughout the county for stranded motorists who might be forced to stay in a fire station during a blizzard.



@HendersonCOAD



Planning for the Future

Communities that have the drive to prepare for the future are generally the communities that succeed in the future. Extension staff have collaborated with various groups, organizations, and communities to facilitate planning projects. Two projects have begun that have an eye on the future. The McDonough County Rural Recycling Study will include a survey of residents, in addition to potential models for implementation. Extension staff is working with the Women's Club, as well as Western Illinois Regional Council (WIRC) and the Illinois Institute for Rural Affairs (IIRA) to develop this study.

Extension staff have also begun working to develop a community-based program to determine local perceptions of quality of life, and ways to improve the community. This program was developed with funding from the North Central Regional Center for Rural Development. A pilot project is planned for 2020, with the City of Bushnell.



Career Day

Eighty-three high school juniors, from three school districts in Henderson and Warren counties, took part in University of Illinois Extension's Career Shadow Day. Local businesses opened their doors to the teens and provided them with insight into what a day in the life of their career looks like. Participants were asked to identify a career they were considering going into, and were matched with community partners who share a passion for the same field.

From video game coder, to diesel mechanic, to graphic designer, participants learned not only about a potential career choice, but connected with professionals who do those jobs locally. A handful of the students left with offers to return for more shadowing or a job, but all left with new insight into their potential careers and what it takes to make a business run day to day.



Students performing CPR and using a defibrillator

Health Occupations Day

One of the fastest growing industries is health, so it is no surprise that nearly 40 juniors from Henderson and Warren counties expressed an interest in learning more about a career in health. University of Illinois Extension provided a hands-on Health Occupations Day to provide insight into and experience with the health industry.

Participants were able to interact with health professionals and practice the skills they use daily, such as delivering CPR, giving injections, guiding a laparoscopic surgery tool, and practicing sutures. Many students reported learning about a new health career that more directly related to their interests.



Students interested in pursuing a career in auto mechanics

Macomb Youth Leadership Organization

The Macomb Youth Leadership Organization (MYLO) is the result of a partnership between University of Illinois Extension, Macomb Area Chamber of Commerce, and Macomb High School. Each year, 14 leaders are selected to participate in the program geared towards keeping talent local to Macomb and fighting the trend of brain drain. The first year of the program focuses on getting to know your community. The high school sophomores travel around Macomb learning about local business, service agencies, government, education, and more.

In the later years of the program, members take their experiences from the first year and are partnered with a community business person in a field that interests them. MYLO members shadow the business person and are additionally encouraged to treat them as a career role model. In the final year, members establish a service project based on the needs they have observed in their community. This program has resulted in several young adults choosing to stay in Macomb, or to return after finishing their education.



MYLO students at the McDonough County courthouse



A New Start

The SNAP-Ed program in McDonough County was revived when Tara Chenoweth accepted a new Extension position and offered programs in the local communities. Bushnell-Prairie City Elementary was the first school that committed to the OrganWise Guys program. They were quickly followed by West Prairie Elementary and Macomb's Lincoln Elementary. Each month, Chenoweth is excited to offer this program in the schools, and students are excited when they recognize her in the community.

In addition, Chenoweth has conducted visits with local food pantries. Activity stations about fruit, vegetables, protein, water consumption, and dairy have all been presented to patrons as they shop. One pantry has asked for more specific recipe information to better serve their customers.



<https://web.extension.illinois.edu/INEP>



OrganWise Guys program at a McDonough County school



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



1,802

Total SNAP-Education Participants



11%
Adults

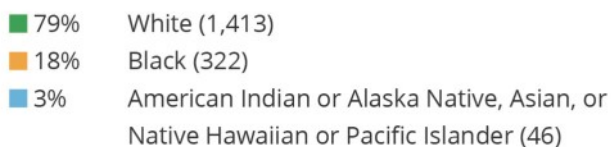


89%
Youth



5% Identified as Hispanic
91% Identified as Non-Hispanic
4% Unknown

RACE OF PARTICIPANTS



Our Community Partners



5
K-12 Schools



1
Youth Center



9
Early Childhood



4
Community Centers



4
Food Pantries and Food Banks



Generational Choices

In SNAP-Ed, our ultimate goal is to generationally make positive changes in families' lives. We work with preschools, elementary and middle schools, as well as adults of all ages. We hear about many short-term changes, such as a first grader telling us they chose carrots over candy, or high school youth who remember why they need to choose plain, clear water. But, every once in a while, someone will remind us how important all of those little changes are over time. This is the story of one of those very important times from Knox County Community Worker Amy Finely:

"Away from SNAP-Ed and Extension, I have dogs. While at a puppy play date, one of my fellow pup friends mentioned she was a dietician. I told her what I do and how much I love my work. We chatted about the challenges of teaching people correct information in this world of instant misinformation. She said she knew me back when her children were little and she was using WIC. I smiled as I've been told that often in my many years working at Extension. Then she said that I was the reason she became a dietician. I asked how that happened. She learned so much from WIC nutrition lessons created by SNAP-Ed, she decided she would study dietetics. The recipes made in those WIC classes were healthy and delicious. Her family loved them. She wanted everyone to learn what she was learning. It started with SNAP-Ed and WIC, spread to a woman and her family, and now she spends her days sharing that same gift with the community she reaches."



Teaching new, healthy recipes



Aging is an Inevitable and Unavoidable Process

America's population of centenarians is the largest in the world and the fastest-growing segment of the U.S. population. Today, approximately 70,000 Americans are 100 plus years old. What is the secret to successful aging? Living a healthy lifestyle, maintaining a positive attitude and friendships are a few ways to age well. The I'm Positive, I'm Aging workshop has been offered multiple times, to 20 Illinois Municipal Retirement Fund retirees and guests at the Springfield location, and 50 participants from the Macomb and Galesburg area. Another 38 people from three states attended the North Central Region on Aging Webinar. After completing the I'm Positive, I'm Aging workshop, 100% of those who completed the evaluation ranked their knowledge about ageism and its negative effects on different age groups as high or very high. The same 100% of participants also ranked their knowledge about the different characteristics of positive aging as high or very high.

When asked to list actions they would take based on what they learned, several replied that they would be more positive every day, exercise more, volunteer more, keep active, apply physical and mental methods to aid in aging, and keep social. Other comments included: "examples of older individuals were good," "would like to see a part II of this seminar," "Tessa did a nice job presenting," and "Our presenter was excellent!"



@KidsFoodMoneyandMore



Skills Gained from Livestock Judging Last Beyond High School

The 4-H program in Henderson, Knox, McDonough, and Warren counties takes pride in the strength of their livestock program. Members involved in livestock projects make breeding, feeding, medical, and other decisions about the animals they show at the 4-H fair and other shows across the county, state, and nation. The skills needed to succeed in the show ring are further developed through the members' involvement in livestock judging and evaluation.

Each year, nearly 40 members participate in livestock judging contests where it's their turn to serve as the judge. Members are asked to rank classes of swine, cattle, goats, and sheep from first to fourth based on confirmation and other factors that make the animals desirable. Then, they may be asked to share with a professional the reasons why they placed the animals in the order they did. Members from all four counties have been incredibly competitive as a team and as individuals.

An astounding number of members who have been brought up judging livestock in the 4-H program have gone on to judge at the collegiate level and professionally. A Knox County livestock judging coach said of the members he coached through their 4-H career and into college, "I am so proud of these kids. They leave 4-H prepared to move into a collegiate career and succeed there. It's my personal goal to watch each and every one of these kids' first show they judge professionally. They sure impress me."

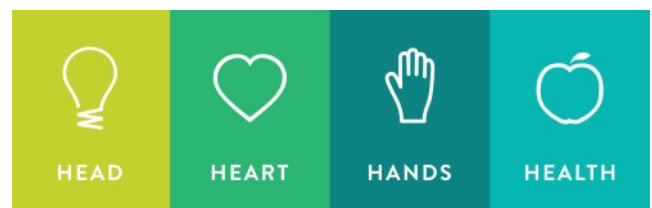
Many of the 4-H members who have gone on to judge professionally have come back to judge local 4-H shows. Younger members who remember their time in 4-H with the judge see the potential that exists and are often inspired to work harder to understand the concepts being discussed as they practice. Livestock judging is a perfect example of 4-H coming full circle. From members to professionals giving back, each member who judged with 4-H recognizes how they got where they are today.



Social Media Fair Interns

With more than enough to keep them occupied during the flurry of the 4-H fair, five local 4-H members volunteered their time and talent to share their experiences with those who couldn't attend the fair. These skilled 4-H members used their knowledge of social media trends to help the county 4-H social media accounts hit record high numbers of people reached. Community members commented on the joy they took in seeing 4-H'ers sharing their stories via Facebook Live, Snapchat, and more.

Additionally, these social media interns acted as the behind-the-scenes photographers, capturing those perfect pictures that an "outsider" can never time just right. These interns learned a little bit about responsible social media management and served as role models for young 4-H members looking towards their peers for guidance on determining their 4-H experience.



@4H_HKMW



@Henderson4H



@McDonough4H



@Knox4H



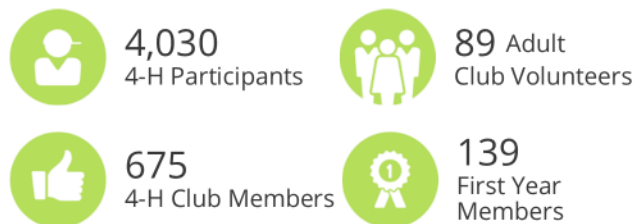
@4HWarren



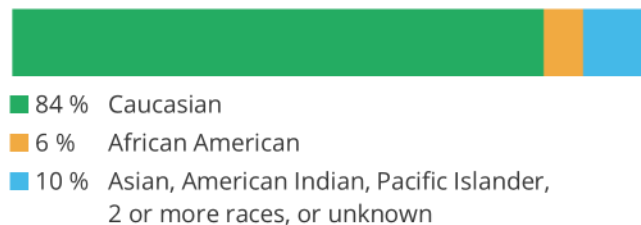
Serving Youth in Henderson, Knox, McDonough, and Warren Counties

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



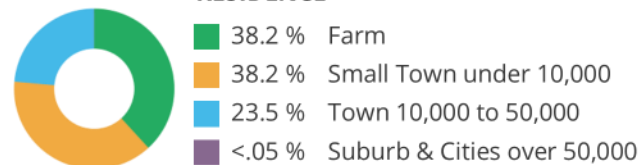
RACE



ETHNICITY



RESIDENCE



The best way to find yourself is to lose yourself in the service of others.

MAHATMA GANDHI

I Pledge My Hands to Larger Service...

Our youth don't just say the 4-H pledge, they live it.

Every day, they are looking for ways to better their clubs, their communities, their country, and their world. This year, the 4-H clubs proved that youth can make a difference through many different forms of community service.

In Henderson County, the 4-H Federation created disaster supply kits and donated them to local warming centers to have on hand for motorists stranded during the winter. The Stronghurst Hustlers took part in the Stronghurst Christmas Walk by making little ones happy with snacks and stickers. The Federation also held a food drive during the Christmas Walk to collect canned and boxed goods to help stock the local food pantries over the holiday season.

Knox County 4-H Federation held a Diaper Drive for Loving Bottoms Diaper Bank. The enormous pile collected totaled 3,750 diapers. These diapers were repackaged and given to families across Henderson, Knox, and Warren counties. Lending their hands to the Galesburg Rescue Mission, 4-H members donated their time and cooking talents to not only make a meal, but also serve it.

In McDonough County, three 4-H clubs donated and volunteered for programs at Western Illinois Regional Council Community Action Agency. Scotland Clever Clovers held a coat drive for the clothing center. McDonough County 4-H Federation donated cookie bags containing cookie mix, icing, a rubber scraper or cookie cutter, and candy canes to the food pantry. The Blandinsville Blue Ribbons donated stockings stuffed with care and worked as helpers to wrap gifts for Project Santa.

Warren County 4-H decided to participate in local community events, such as Bacon Fest and Christmas on the Square by hosting a table with fun hands-on kids activities. The Backcountry Braves hosted a pet supply fundraiser for Western Illinois Animal Rescue that tugged at the community's heartstrings and received many needed donations.

When youth take part in community service projects, it allows them to invest and take ownership of what is happening in their community, which in turn helps guide them into future leadership roles.

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Cover photos: (top left) Student suturing at Health Occupations Day. (top right) Bi-county Youth Coalition's Teen Leadership Conference with freshmen from Henderson and Warren counties. (bottom left) Master Naturalist talking with students at the Knox County 5th Grade Environmental Day. (bottom right) The fifth home to be completed in the Project Rebound program in Galesburg.

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.