



The College of Agricultural, Consumer and Environmental Sciences

Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
309-513-3100
Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri 8am - 4 pm

Visit our website: extension.illinois.edu/hmrs

HAPPY NEW YEAR!

Wishing you the happiest of Holidays from all of us at
University of Illinois Extension!
Our office will be closed on Mon. Jan 16 in observance of
Martin Luther King Jr. Day.

Staying Focused on the Goal Ahead

Kristin Bogdonas, nutrition and wellness educator

Have you set some goals or resolutions to work toward in the new year/decade? Whatever you choose to focus on make it a priority and be about it! Like the saying goes, “more is lost by indecision than wrong decision”.

Here are 3 steps for staying fully focused and bringing your goals to fruition.

1. Develop new habits to support your goal.

All of the choices you make day-to-day will determine your success. Does your current routine support your desired goal? If not, what changes do you need to make? We are all creatures of habit and it can be hard to change a routine even with the best intentions. Take a look at your daily and weekly routines to determine if your habits are working for or against your desired goals.

2. Eliminate distractions and time drains.

After reviewing your daily and weekly routines, jot down the activities that take up large portions of time. For most people I imagine this being time spent watching television, scrolling on social media, or some other digital distraction. These activities may bring you some sort of satisfaction but ultimately they eat up a lot of time that could be used for something more productive.

Just as a food diary can be eye opening, keeping a log of a typical tech week may help identify habits to change. You don't need to completely eliminate all of these of activities, but try to keep them in check so you can focus on what matters most in your life. There are some useful apps that can help manage your digital diet including ZenScreen and QualityTime. Whatever you perceive as the biggest waste of time in your week, adjust your routine and be patient. Adjustment takes time but don't give up. With challenge comes change!

3. Check-in often.

It's important to revisit your goals and check-in on a regular basis. In other words, keep your goals front and center. It's easy to set your intentions but without a plan, that goal is just a wish. I would suggest rereading your goal every day, morning and night. This repetition and daily focus will help you manifest your dreams into reality.

A vision board is another way to manifest what you want out of life. Creating a collage of pictures and words can help you lay out your ideal future. You'll develop an emotional connection with this vision keeping you motivated and productive. Vision boards are like a lighthouse to guide you on even the cloudiest of days.

Barriers and setbacks are inevitable, but don't dwell on these for long. Find the momentum to keep going, and never lose sight of the big picture. Change takes time, so be kind to yourself, stay focused, and remember- What's the BEST that could happen?



Nursery School: Lessons in Gardening

Sat, February 11 | 8 am - 3 pm
The Vibrant Arena at the Mark
1201 River Drive, Moline, IL

Illinois Extension Master Gardeners invite you to get inspired and grow in your horticultural knowledge at the Quad Cities' premiere gardening symposium! Experts lead workshops on a variety of topics for the home gardener.



This year's event opens with a keynote address by renowned prairie ecologist and landscape designer Neil Diboll, President of Prairie Nursery, Inc. Westfield, Wis. He will talk about **Prairie Plants for Urban and Suburban Gardens** at the first session, which starts at 8:45 a.m.

With more than 40 years of research and work in the field, Neil will highlight the showiest and best-behaved prairie plants for creating a variety of prairie gardens in small areas. Many native prairie flowers and grasses make excellent garden plants. The showy blooms and ornamental textures of the grasses lend themselves to the creation of low maintenance, ecologically sound landscapes that require little or no fertilizers, pesticides, and watering. The North American Prairie is dominated by perennials that can be included in "pure prairie" gardens or mixed with other more traditional perennials. Get the knowledge and inspiration you need to create your own little prairie garden at his presentation.



Neil Diboll

Following the keynote, you will attend 3 additional sessions that you select upon registration. (See list below.) Classes are arranged by track topics: Ornamental, Edibles, and Nature. Select one that interests you from each session time.



Session Times

The Latest and Maybe the Greatest: What's Trending in 2023

Kate Terrell, President, Wallace's Garden Center

Boost of Blueberries-Past, Present, and Future

Carol Longley, IL Extension Master Gardener, retired WIU faculty, dietitian

Sunflowers: Superheroes
Emily Swihart, University of Illinois Extension Horticulture Educator

Session 1
10 - 11 am

Slow Flowers: Growing Your Own Cut Flowers

Candice Anderson, University of Illinois Extension Master Gardener Specialist

Growing Vegetables in 2023 from April thru October
Bruce Black, University of Illinois Extension Horticulture Educator

Landscaping: It's for the Birds
Chris Enroth, University of Illinois Extension Horticulture Educator

Session 2
11:15 am - 12:15 pm

Curious about Colorful Conifers
Martha Smith retired Horticulture Educator for Cornell and University of Illinois Extension

Fundamentals and Facts of Fermentation
Kristin Bogdonas, University of Illinois Extension Nutrition and Wellness Educator

Genetic Diversity and Plant Preservation
Neil Diboll, Ecologist and President of Prairie Nursery, Inc. Westfield, Wi.

After lunch Session 3
1:45 - 2:45 pm

REGISTER EARLY & SAVE Registration fees are **\$60 through Jan 11, 2023 and \$70 from Jan 12 - Feb 5.**

You must register in advance—no walk-ins. Your registration includes morning coffee and rolls, keynote session, taco bar lunch, 3 additional classes, and access to the Nursery School vendor area. Call our office at (309) 756-9978 or use the link below:

Register by Feb 5 at go.illinois.edu/NurserySchool2023



University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, contact (309) 756-9978.

Plan ahead - Register now to attend these Upcoming Programs

FOUR SEASONS GARDENING : 2023 Winter Webinar Series

Get the dirt on growing healthy plants at our Four Seasons Gardening webinars

Become a better gardener and find success nurturing plants indoors and out. Learn best practices for home gardening from University of Illinois Extension horticulture educators in the Four Seasons Gardening webinar series that begins January 31.

Online sessions are from 1:30 to 2:30 p.m. on select Tuesdays and are free to attend. Registration is required at: go.illinois.edu/FourSeasons or call (309) 756-9978. Here's what's planned:

Pruning Shade Trees, January 31:

Proper pruning ensures that long-lived woody plants remain healthy and structurally safe. Unravel the mystery of pruning shade trees and uncover basic pruning cuts, young tree pruning, and how to care for and prune mature trees.



Success with Indoor Plants, February 28:

Learn how to create a healthy houseplant environment by selecting the right plants for your indoor space. The session covers cultural requirements, maintenance practices, and key ornamental aspects in growing interior plants.



Basics of Home Composting, March 7:

Discover the fascinating ins and outs of the decomposition process and learn how to turn waste into valuable organic matter by starting a compost pile at home.



MAPLE SYRUP: FROM HISTORY TO HARVEST | EVERYDAY ENVIRONMENT WEBINAR THURS., JAN 12, 1 PM

When the sun starts to feel warm again, near the end of the winter, there is a natural phenomenon so amazing it could be considered magical. Maple syrup season begins when temperatures are above freezing during the day and drop below freezing at night. This is a limited and precious time for those who love real maple syrup.

Join Peggy Doty, IL Extension natural resources, environment, and energy educator, to explore the history and lore of maple syrup, learn how to tap your own trees, and discover best practices of DIY syrup making.

Register at go.illinois.edu/HowToSyrup or call our office at (309) 756-9978.



Memes & Money: What are the Facts? January 25 | Noon

Information on how to manage your finances is readily available from various places - friends, family, social media influencers, ads, popular media, and more. How do you discern myth from fact?

How do you identify a funny money meme from a helpful financial tip? Learn ways to navigate financial tips online to avoid potential missteps.

Register at go.illinois.edu/GetSavvy2023 or call our office at (309) 756-9978.



January 4-H Youth Workshops

4-H is putting together a series of winter workshops for all youth ages 8 to 18. Here are those happening in January.

Clay Workshop Sat., Jan 21, 9 - 10:30 am DeSoto Arts Building, Rock Island, IL

Learn about many aspects of clay from start to finish from the experts at DeSoto! Want to know where clay comes from? Or how does the kiln get to achieve optimal firing? Get all of your questions answered. You will also get to make your own clay vase to take home.



Cost is \$8 to cover supplies to be paid to the studio on the day of the workshop. Limited to 12 participants. Call (309) 756-9978 or register online at go.illinois.edu/4HClayWorkshop

E-Sports, Sat., Jan 28, 10 am - 1 pm Western Illinois University, Moline, IL

Learn more about the growing field of Esports - video games that are played in organized competitive gaming events with teams and players battling it out for victory. Join us for a fun day at WIU to meet current college Esports players! Learn about popular games and how to improve your skills. Get tips on physical and mental fitness to manage in-game stress levels and maintain focus over the course of a tournament. Participants will also learn about the technology involved in Esports. Pizza lunch is included. Cost is \$5 per person. Limited to 10 participants. Register at go.illinois.edu/4HEsportworkshop or call our office.



"Be the Change" as a community volunteer!



Become an Illinois Extension Master Gardener in 2023

Take your love of gardening to the next level by becoming a Master Gardener through University of Illinois Extension. Master Gardeners are members of the local community who are interested in gardening and the environment. They participate in our training program and commit to completing a certain number of volunteer hours on horticulture-related community projects each year. They are organized by their local county Extension unit.



The next training for Rock Island, Mercer, Henry, and Stark counties is set for **Tuesdays, Feb. 7- April 18**. This Hybrid method offers a flipped classroom style, combining independent study with weekly, online live webinars presented by Illinois Extension horticulture educators. Trainees will also work in small groups within the unit to discuss case studies, do hands-on activities, and will also have a few in-person meetings to engage with others in the program.

Register by January 24 to be part of this renowned program and volunteer doing meaningful horticulture-related projects in your community. The cost to attend and receive the training is \$225. A scholarship is available and information is on the registration page.

Learn more and register at go.illinois.edu/hybridMGTraining

or call Tracy Jo Mulliken, horticulture program coordinator at (309) 756-9978 or email tmully@illinois.edu.

8 Dimensions of Wellness Series January 9 to February 27

Register by Jan 6 to participate



Holistic Health: Reset for the New Year

Kristin Bogdonas, nutrition and wellness educator

University of Illinois Extension has a great opportunity to help you reset your health journey in all areas of your life for the New Year. Wellness is multi-dimensional and includes physical, financial, emotional, social, spiritual, environmental, vocational, and intellectual dimensions. They should work in harmony to help achieve optimal health and well-being.

Join us for this holistic health reset. Each Monday from Jan 9 to Feb 27, you will receive an email with a new dimension of wellness to explore, a menu of activities to engage with, and a link to submit your completed activities. By the end of the series, you will have learned about all 8 dimensions and will have hopefully found more balance in your life. Don't worry about getting it perfect; just focus on becoming the best version of you in 2023.

Register now thru Jan 6 at:

go.illinois.edu/8DimensionsHealthReset

SPEND MORE TIME OUTSIDE IN 2023



University of Illinois Extension is putting out a challenge for 2023 Spend More Time Outside!

The benefits are numerous for your mind, body and soul.

Research shows spending time in nature has health benefits including reducing the risk of childhood obesity, improving sleep, concentration and eyesight, and reducing symptoms of ADHD. The non-profit 1000 Hours Outside encourages people to match the quantity of screen time with equal time outdoors for approximately 1000 hours a year or about 2.75 hours per day. Give it a try and see how you feel!

Download this tracker to keep track of your Outside hours@ go.illinois.edu/OutsiderTracker