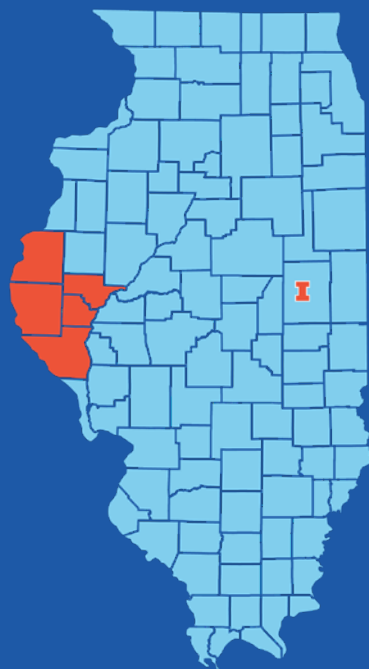


Illinois Nutri...

Illinois Extension

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 handwritten signature in black ink, appearing to read 'Robert Jones'.



A Message from the County Director

It is my pleasure to serve as a county director for Illinois Extension. Thank you for reading our 2020 Impact Report. I hope you will be inspired by the impact of our Extension staff and volunteers in your county.

Illinois Extension staff spend a great deal of time planning and preparing programs and goals. None of us could have planned for what unfolded in 2020, which quickly became a year of uncertainty, sacrifice, disappointment, and hardship for most. Despite all of the challenges we faced in 2020, our staff proved how dedicated they are to providing impactful, educational programs, quickly pivoting to offer online and virtual programming. We are thankful for our IT colleagues, who guided us through so many technical changes and updates. 4-H meetings and fairs were all held virtually through the summer. We are so proud of our 4-H leaders, members, and judges for adapting to exhibit projects in a format that was safe for everyone.

We were inspired by our 4-H members, who were drawn to service during the pandemic, creating micropantries to combat food insecurities, assembling care baskets and sewing masks for healthcare workers in all five counties. Technical support for agriculture and horticulture were provided via telephone or Zoom. Ag in the Classroom activities and lessons were prepped for a contactless pick-up option for youth in Adams County. Virtual programming brought access to expertise from all over the state of Illinois to our five counties.

While this report highlights some of our impact, it doesn't fully capture 2020. We are building on what we learned and are even more excited about what this next year will bring.

Thank you for your support and we look forward to serving you in 2021!

Shelby Crow
County Extension Director

Serving Illinois During a Global Pandemic



When early signs of COVID-19 arrived in Illinois, families and businesses across the state were forced to confront a reality unlike anything they could have imagined. With schools transitioning to virtual learning, parents were hungry for information about managing the physical and emotional health of their at-home learners. Families suddenly found themselves together at home more, where they explored new hobbies, such as gardening and food preservation. Farmers needed to navigate the numerous challenges facing both local and global food supply chains. Almost overnight, restaurants and retail stores had to rethink their business models or risk becoming irrelevant in a suddenly virtual world.

As the challenges mounted, the Illinois Extension network emerged as an effective method for creating and sharing timely, research-backed solutions to many of the most pressing issues we were grappling with. Extension's educators led the way forward during a time of uncertainty for many. We are proud to share some of our highlights from the past year.

Illinois Extension provided applied research and education to address statewide challenges and local issues.

We nurtured local talent. Extension supported 7,207 Master Gardener, Master Naturalist, Money Mentor, and 4-H volunteers. They devoted nearly 570,000 hours of community services and support, valued at \$16 million.

We met learners where they lived. During the past 12 months, Extension websites garnered more than 12.8 million visits. Our social media strategy generated more than 200 million impressions, highlighting Illinois news, events, and research.

We partnered to create synergy. Our impact is magnified through more than 2,000 local, state, and national partnerships. Extension helped partner organizations secure more than \$7 million in grant funds, enabling Illinois communities to address local challenges in areas such as food access, rural economic infrastructure, and workforce development.

An independent research firm valued Extension's annual impact on the State of Illinois at \$603 million, about ten times its 2019 budget of \$60.9 million.

Illinois Extension created positive economic benefit for the state of Illinois. The positive economic outcomes of Extension's programs were estimated as at least \$477 million in 2019.

Extension programs stimulated local and state economies through employment and program expenditures. Economic output in Illinois related to Extension expenditures was \$126 million for 2019. Illinois Extension directly employs 655 FTE personnel, and generates an additional 403 FTE jobs through indirect and induced impact effects.

Extension helped residents, businesses, and local governments adapt and respond to the COVID-19 pandemic.

Educators and faculty specialists dove deeply into unique needs related to the pandemic. Farmdoc's Coronavirus and Ag seminar series attracted more than 7,400 live participants over 20 seminars, covering topics such as retail food prices, livestock markets, trade, and ethanol.

Program partnerships helped Illinois families connect with local food resources. Extension's Illinois Nutrition Education program published Find Food IL, showing the location of free and subsidized meals and food access points in a searchable, mobile-friendly mapping application.

Our staff learned to create rich, meaningful online learning experiences. With in-person meetings restricted, we hosted nearly 25,000 online and in-person educational sessions, benefiting more than 600,000 attendees. Illinois 4-H embraced an online format for summer exhibitions in every county, showcasing the work of 2,200 members at the virtual Illinois State Fair.

Our technology supported connectivity for online learners and remote work employees. Five county Extension offices piloted "drive-up" WiFi sites to make internet accessible to those with needs for schoolwork, online businesses, and social connection.



The two high tunnels, located at John Wood Community College in Quincy, will be home to agricultural learning opportunities for small farm operators and local youth.

Growing in a Pandemic

In March 2020, the pandemic shut down much of the world; however, healthcare, agriculture, and many other fields continued in full force. There was also a shift towards gardening, including many first-timers in need of assistance. In the midst of panic, local food production and home gardening brought consolation, showing the importance of food security.

Two high tunnels and a greenhouse at John Wood Community College will soon further Extension's efforts to provide agricultural education to local youth and small farm producers. One of the tunnels will house a demonstration showing the use of cover crops and a no-tillage system in tomato and pepper production. Extension will collect data from this study to determine the effects on overall yield and quality of the produce. This statewide study will provide valuable information that producers can use in their own practices. Produce from this work will be donated to local food pantries, creating opportunities for SNAP educators to provide information on how to use, store, or preserve the produce.

The second high tunnel will be used to start a Junior Master Gardeners program. Extension educators will teach youth in our community about the entire growing cycle, including

starting the plants from seed, transplanting the seedlings, and harvesting the final crop. They will also learn about soil properties, nutrient needs of crops, importance of weed and pest control, and other growing topics. Using kitchen facilities at John Wood, youth will learn how to cook with the food that they have grown. Some of the produce harvested from the high tunnel will be sent home with youth participants, so they can share their experiences with their families. In addition to Junior Master Gardeners, this area will be opened to other youth organizations to visit and learn about vegetable production.

In response to an increased desire for gardening information during the pandemic, horticulture and local foods and small farms educators in western Illinois, Andrew Johnson, Chris Enroth, Katie Parker, and Ken Johnson, ramped up production of weekly blog posts and newspaper articles. The *Good Growing* team also implemented three webinar series and a weekly podcast. Through their efforts, the team was able to attract over 34,000 individuals to the blog posts; 4,400 to the podcasts; and 3,400 to the webinars (live and recordings on YouTube). Through the transition to virtual teachings, these educators were not only able to assist our local communities, but individuals from 13 states and three different countries, as well.

Even in a year when human contact has been limited, Extension educators made an impact.

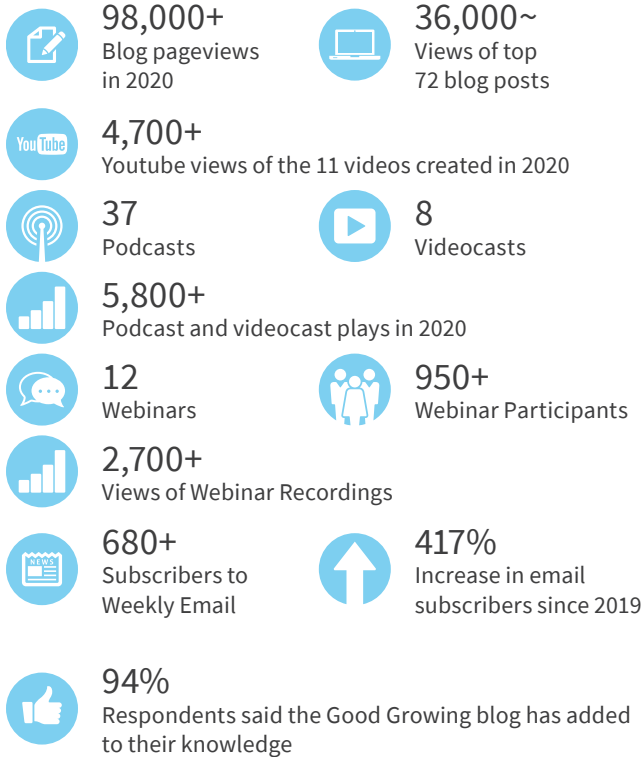


<https://extension.illinois.edu/blogs/good-growing>



Good Growing: 2020 Year in Review

The Good Growing team received University of Illinois Extension’s 2020 Team Excellence Award for their collaborative work. The Good Growing team of weekly content contributors Katie Parker, Ken Johnson, and Chris Enroth have worked to develop Good Growing into a multifaceted media platform featuring print media, a blog, podcasts, videos, and with the help of Andrew Holsinger, webinars, propelling it as a modern source of Extension information. Through their considerable efforts, Good Growing is a leading Extension programming effort. Together they have inspired and acted on novel ideas to successfully reach local, regional, state, and even global program audiences.



The articles are very well written and they make the science very easy to understand.

I like being able to access your GG information because I know it is research-based. I don't want fads. I want info I can access and implement with a high expectation of success. You guys rock!

56% Respondents have seen improved success in their landscapes and have shared this information with others

Enjoyed this presentation, a lot of very useful information that can be applied to future encounters. I recommend this presentation to all who garden.

go.illinois.edu/goodgrowing



Our local government education programs increased outreach in response to the COVID-19 crisis and developed a critical partnership with the Illinois Office of Broadband’s initiative to extend high-speed internet access across the state.

go.illinois.edu/communitybroadband

The 2020 Leadership Academy pivoted to a virtual platform, offering county officials online workshops on a variety of topics, including crisis communications, managing economic development initiatives, finding and using data, leadership styles, managing change, ethical considerations, fiscal and economic impacts of COVID-19, and reversing population decline.

go.illinois.edu/leadershipacademy

Statewide Webinar Reach



The University of Illinois Extension’s community and economic development team helps communities build capacity for creative and informed decision-making to enhance their quality of life.

<https://go.illinois.edu/LGE>



Terrific Teachable Moments is an app designed to help teach children of all ages positive emotional and behavioral choices.

Terrific Teachable Moments

Teachable moments come in all shapes and sizes. Now, when those unexpected moments occur, parents and educators can rely on the new Terrific Teachable Moments mobile app to help them take advantage in convenient and meaningful ways.

Terrific Teachable Moments is a simple, activity-based teaching resource developed by University of Illinois Extension. Extension educators, including Sheri Merry, youth development educator, provided content and Extra Help staff in Adams and Hancock counties helped with editing.

Now available as an app on both Android™ and iOS™ smart devices, the program allows teachers, parents, and youth mentors to provide simple, hands-on learning experiences

designed to help kids of all ages develop emotional awareness and make positive character choices. The versatile learning tool can be used both at home and in classroom settings to reinforce behaviors, such as helping others, honesty, compassion, problem-solving, and self-control.

The app includes over 150 mini-lessons that can each be completed in under 10 minutes. Lessons, grouped by age, are based on the 4-H youth development framework of experiential learning that leads kids to participate in a short activity, reflect on the experience, and apply what they learn by connecting it to real life situations.

All activities reinforce core socio-emotional learning competencies developed by the Collaborative for Academic, Social, and Emotional Learning and teach the six pillars of character: caring, citizenship, fairness, respect, responsibility, and trustworthiness, established by CHARACTER COUNTS! Coalition's Six Pillars of Character®.



<https://4h.extension.illinois.edu/programs/health-nutrition/terrific-teachable-moments>



Illinois Strong Couples Project

Stressors in life, including the challenges of the current COVID-19 pandemic, can take a toll on marriages and other close, intimate relationships. Family studies researchers at University of Illinois, in partnership with University of Illinois Extension, are addressing this issue through an online program for Illinois couples seeking help for their relationship.

“Anybody who’s been married for say, a week, knows that marriages and close relationships are difficult, oftentimes harder than we first realized they were going to be,” said Allen Barton, assistant professor in the Department of Human Development and Family Studies at Illinois and an Extension specialist. But, Barton says science shows these relationships are worth working on. “We have a wealth of empirical findings that show how important they are, whether that’s for individuals’ mental health, for their behavioral health, for kids, for communities, or for workplaces. The quality of these intimate relationships is really central to so many other areas of our lives,” he added.

The Illinois Strong Couples project utilizes the ePREP program for couples, which Barton explained is one of the most scientifically-based programs for strengthening couple relationships. “A recent large, national study involving the ePREP program found fairly pronounced effects and positive benefits,” Barton said. The study cited greater relationship satisfaction, improvements in communication and emotional support, less intimate partner violence, and fewer concerns about breaking up or instability in the relationship among couples who went through the ePREP program compared to those who did not.

Barton gathered a team of Extension educators across Illinois and spent the summer training them as ePREP coaches, familiarizing them with the ePREP approach to cognitive behavioral interventions. “I sometimes use the analogy of a personal trainer. You can do your exercise program, but then you have that coach who comes alongside you, giving you some guidance, instruction, motivation, and encouragement,” Barton says.

The initial corps of coaches included Sheri Merry, Extension youth development educator for Adams, Brown, Hancock, Pike, and Schuyler counties, who also operates as a team member providing feedback and tips to continually improve the program. “One of our goals as Extension specialists and educators is to get practical, useful, relevant information from research into the lives of residents in our state,” Barton says. “With this project, we’re coming with some of the best



research that’s being done and using that to improve the lives of residents throughout the state of Illinois.”

The online format allows couples to do the program in the comfort of their own home, on their own time. Illinois Extension will also help fund parts of the program, so there is no cost to the couples who participate. To be eligible for the project, mixed- or same-sex couples must be 18 years or older; Illinois residents; and married, engaged, or living together for at least six months. The program is six sessions, each taking about an hour for couples to complete. After every two sessions, there’s a 20-minute coach check-in call, during which they review the material and do some actual practice of what’s been discussed.

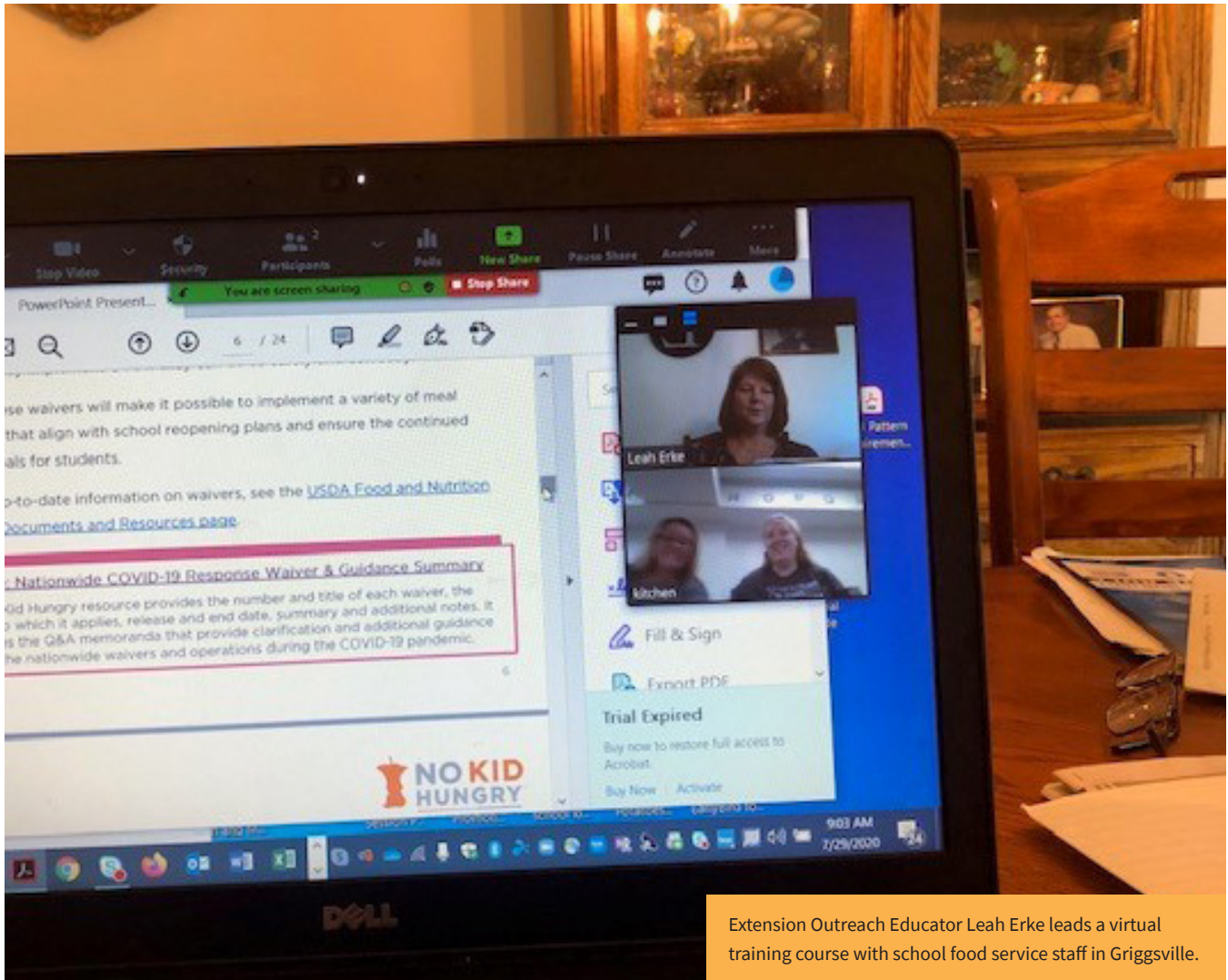
“One of the things we really instill in couples is that every couple is going to have challenges and things that they will have to work through. And we want them to know, they can do that. Here are some research-tested skills, ways of thinking, and ways of interacting together that will really help your relationship,” Barton says.

As a coach, I have had many couples state that they wished they had actually learned about the techniques of the program early on in their relationship, as it gives a common approach to discuss important issues.

SHERI MERRY, YOUTH DEVELOPMENT EDUCATOR



go.illinois.edu/IllinoisStrongCouples



Extension Outreach Educator Leah Erke leads a virtual training course with school food service staff in Griggsville.

School Food Service Training Goes Virtual

School food service employees bear a great responsibility. They are tasked with the essential job of providing nutritious and responsibly-prepared meals to children in school districts throughout the country. Locally, Extension Educator Leah Erke provides food service employees with the tools necessary to meet health and safety guidelines.

In early 2020, schools in Adams, Brown, Hancock, and Pike counties received face-to-face education on food safety policies, reimburseable meals, and menu planning. Food handler trainings were also provided. Once schools were unable to continue with in-person learning, sessions were transitioned to

a virtual format with topics including Serving Remote Learners, Food Handler Training with COVID-19 Guidance, Transitioning to Classroom Meal Service, and Communication Methods for School Food Service Departments in a Virtual World.

Additionally, Erke offered her expertise as a presenter and collaborator for virtual training courses statewide.

Leah helped us with the new procedures in food service due to COVID-19. Also, the ABCs of Food Service Zoom class we took was very helpful.
MARY OHNEMUS, MENDON-UNITY HIGH SCHOOL

The training we did with Leah helped us understand USDA guidelines for school meals and she is very informative, making sure we understand the process.
DONNA GOEHL, LIBERTY SCHOOL DISTRICT



<https://schoolnutrition.extension.illinois.edu/>



Teaching Healthy Food Choices

What we eat impacts our health. Therefore, there is a correlation between food insecurity and diet-related chronic diseases. Supplemental Nutrition Assistance Program Education staff members endeavor to educate the community on how to make healthy choices. They provide simplified information to make those healthy choices easy. Our communities are served by SNAP-Ed staff through direct and indirect education, technical assistance, professional development opportunities, and more.

In March 2020, Extension Educator Akinwale Akingbule was at Rooney Elementary School in Quincy to facilitate taste-testing for school children. Pears in Jell-O were about to be added to the school menu. Akingbule gave the students an opportunity to taste the new item and fill out a survey indicating whether or not they wanted it to be added to their menu. The results of the survey showed that most of the students liked it and it was added to the menu. This was a fun way to introduce youth to new food possibilities, so they grow up to be healthy adults who choose and enjoy nutritious food options.

Schuyler County Food Basket

Most local food pantries had to close their doors because of COVID-19; however, some continued to serve the community by boxing food for pickup at the food pantry. Extension partnered with Schuyler County Food Basket to provide ongoing support to families during the pandemic. The SNAP-Ed team printed approximately 500 You Can Cook picture cards. It is one thing to get fresh produce, it is another to know how to prepare it. The picture cards provided step-by-step instructions for preparing specific meals using items distributed in food boxes. SNAP-Ed staff coordinated with the Schuyler County Food Basket's manager to ensure that the pantry received cards for food items they had available and that the cards were included with every box of food they gave away. Thank you, Schuyler County Food Basket, for all that you do to increase healthy food access in our community!



In a large skillet, brown 1 lb. lean ground beef, stirring to crumble. Drain excess fat.



Add 1 can (14.5 oz.) diced tomatoes with onions and peppers (or chop fresh onion and pepper).



Add 2.5 cups water and 1 cup uncooked regular rice.



Add 1 Tbsp. chili powder and 1/2 tsp. pepper. Stir.



Cover and cook over low heat until rice is tender, about 40-50 minutes.



Enjoy!



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

SNAP-Ed works with Illinois families in need to make the healthier choice an easier choice. Through classes, workshops and collaboration with community partners to adopt research-based solutions encouraging healthier nutrition and activity choices, SNAP-Ed positively affects families and communities.

In 2020, SNAP-Ed virtual education and resources:



Addressed community partner needs by providing resources and collaboration opportunities



Provided live, virtual classes families could join from their own phone, tablet, or computer



Distributed print materials to families on topics such as recipes made with common pantry ingredients



Increased reach via social media, text, and e-news with relevant nutrition and activity information



Created a new community food resource map, Find Food Illinois, on the Eat. Move. Save. website

This summer, Quincy Public Schools requested copies of fact sheets to send home weekly to 700 families as part of their food distribution. Topics included tips for staying active at home and healthy snacks to make as a family. Foodservice Director Jean Kindler thanked us for providing such a vital resource.

Akinwale Akingbule, Siera Duesterhaus, and Dianna York
SNAP-Ed Educators

SNAP-Ed Community Partnerships



13
K-12 Schools



2
Early Childhood



5
Agencies or Community Centers



9
Emergency Food Sites



Speaking for Illinois

In early March, more than 30 4-H members took a day off from school to put on their green shirts and head to the Illinois State Capitol for the Extension 4-H Legislative Connection event. They met with legislators to speak on behalf of nearly 200,000 4-H participants throughout the state. These bright, young 4-Hers are active in their 4-H clubs and in their communities. They share the desire to make a difference for today and for the future.

4-H Speaking for Illinois gave me the opportunity to make a difference in an organization I love.

MARCUS PERRY, BROWN COUNTY 4-H

4-H Speaking for Illinois gave me the opportunity to go to the State Capitol in Springfield and speak with legislators about my 4-H story and the difference 4-H had made in my community. This was an inspiring experience for me, I felt that I made important connections and was heard by the local legislators in Illinois. This experience helped me gain confidence in my ability to talk with well-respected government officials.

COLLIN SHELTS, SCHUYLER COUNTY 4-H

It is my opinion that 4-Hers make a difference every day by deliberately bettering ourselves and, therefore, our communities. When I participated in Speaking for Illinois, I felt like I was taking an extra step toward ensuring the prosperity of the program, so more kids could have the opportunity to make the best better well into the future.

KENNEDY GALLAGHER, BROWN COUNTY 4-H



4-H members from Brown and Schuyler counties, pictured with Randy Frese (back row, standing), state representative for the 94th district, at Speaking for Illinois in Springfield.

4-H Takes Positive Youth Development Virtual

4-H staff statewide designed and delivered a new suite of online experiences so youth could continue to thrive!

400+ Competitive events, fairs, and shows

200+ Programs

went completely *virtual*

Our 4-H Clubs remained resilient with more than:

- 699 Club Members
- 49 Clubs
- 102 Adult Volunteers
- 63 Youth Volunteers



No matter what is happening in the world, 4-H stands ready to innovate to meet the needs of today's youth!

I pledge my **head** to clearer thinking, my **heart** to greater loyalty, my **hands** to larger service, and my **health** to better living, for my club, my community, my country, and my world.

To learn more, please visit extension.illinois.edu/abhps/4-h-youth-development



4-H Virtual Fairs

In 2020, due to coronavirus, the state 4-H office made the decision that all Illinois 4-H fairs would be held virtually. Our 4-H youth rose to the challenge! The youth competing in general projects took pictures of their submissions, answered questions, and wrote key components about what they had learned through the completion of their projects. They uploaded their pictures and information into an online portal. Livestock competitors showcased their animal in a one-minute video, answered questions, and uploaded each item. Judges were able view these projects, select awards, and provide individual feedback online.

Adams

The Adams County Virtual 4-H Show took place July 28 - August 4. Overall, there were 112 exhibitors and 431 entries. Forty-two members advanced to the State Fair Virtual 4-H Show. Adams County 4-Hers did a wonderful job with their projects and livestock videos! All results were sent to the local newspapers, posted on social media, and emailed to families. 4-H members received their awards and ribbons after the fair concluded. Their outstanding work was also awarded through a virtual Achievement Day in October. Despite the unprecedented year, these 4-Hers put a lot of hard work and diligence into their projects.



In lieu of in-person presentations, livestock show participants provided videos exhibiting their work. Pictured above is a screen capture from a video submitted by Lane Hubbard, a member of Independence Hustlers 4-H club, showing his market steer as part of the Pike 4-H Virtual Fair.



Brown-Schuyler

The Brown-Schuyler County 4-H Virtual Show took place June 17 - 19. There were 34 general projects and 78 livestock projects. Youth received announcements about the placings of their projects via email. General projects were categorized, livestock project videos were spliced together, and they were all posted to Facebook for 4-H members, families, and community members to view. Youth received their ribbons and awards at club meetings in November.

Hancock

The Hancock County Virtual 4-H Show was held July 6 - 9. There were 89 general show exhibits and 62 livestock exhibits, with 60 members showing. Awards, ribbons, and placings were sent to members after the fair. In order to present the projects for public exhibit, all projects, ratings, and awards were posted to Facebook, including videos of all livestock shown. Ratings and awards were also sent to the newspaper, posted online, and emailed to members. Hancock County 4-H members worked hard and showed dedication to their projects and 4-H!

Pike

The Pike County 4-H Virtual Shows took place June 23 - 26. There were 37 general show exhibits and 47 livestock exhibits. Pike County 4-H members, along with their families, did a fantastic job adjusting to the new exhibit format and making videos for their livestock entries. Fair results were emailed to members and to local media. Exhibits and results were posted to the 4-H Facebook page for public viewing. Members received their awards and ribbons after the 4-H shows and several went on to exhibit their projects at the state level. Pike County 4-H members demonstrated the true meaning of “learn by doing” this past year, adapting to a new format and continuing their commitment to 4-H.



Keep up with the latest in Adams, Brown-Schuyler, Hancock, & Pike 4-H! [Facebook.com/UIE.4HUnit14](https://www.facebook.com/UIE.4HUnit14)



JUNIOR LEADERSHIP CONFERENCE

In February, Pike County 4-H member Renick Hoskin attended Passport to Leadership, the Illinois Junior Leadership Conference, held at the Thelma Killer Convention Center in Effingham. This overnight event is available to seventh and eighth grade 4-H members and provides opportunities to explore new 4-H project areas, learn different games and activities to bring to their home 4-H clubs, and develop leadership skills. Attendees were offered workshops in STEM, trivia, agriculture, nutrition, community service, and cultural exploration.



4-H CARE BASKETS

4-H members throughout Adams, Hancock, Pike, and Schuyler counties collected donations to assemble goodie baskets for delivery to frontline healthcare workers. 4-Hers wanted to show their appreciation for local healthcare heroes and their efforts during the COVID-19 pandemic.

ENTREPRENEURSHIP

Adams County 4-H member Kameron Kasparie started his own popcorn plot this year. The plot, approximately 30 by 60 feet with 11 rows of corn, produced enough popcorn for 51 two-pound bags, which sold out in one day! From planting to harvesting, and cleaning to packaging, Kasparie put a lot of hard work into his popcorn project.



LIBERTY MICROPANTRIES

Marissa Mintle of the Burton Flyers 4-H Club became passionate about food insecurity in 2020. She saw a way to address the problem by putting her hands to larger service and building a fresh produce stand for her community in Liberty. Fresh produce is the main goal for the stand, but any type of food donations are appreciated. Mintle checks the stand regularly to see what is needed.

Courtney and Cody Kirby (pictured on the front cover) also saw a need for food resources in their community, so they built a Hope Box in Liberty. Their motto is, "Take what you need, leave what you can!"

These 4-Hers are making a difference in their community by helping to protect their neighbors from food insecurity.



4-H Foundations

4-H foundations support educational opportunities for current and potential members of the 4-H community. Efforts and support from these foundations are instrumental in supporting Extension programming and bringing the resources from University of Illinois to local communities.

Adams County 4-H Foundation

- Provides enrollment or program fees for Youth Leadership Academy
- Supports social and emotional development clubs, such as Eagles Care, which benefit the entire school district
- Sponsors awards for achievement programs and the 4-H fair
- Provides direction and support for potential programming or related efforts through memorials and other donations
- Partners with Adams County 4-H during national 4-H week to hold a fundraiser in the Farm and Home Store parking lot

Hancock County 4-H Foundation

- Provides enrollment or program fees for Youth Leadership Academy
- Sponsors awards for achievement programs and the 4-H fair
- Provides fundraising and financial support for the live auction during the Hancock County 4-H Fair BBQ

Pike County 4-H Foundation

- Provides enrollment or program fees for Youth Leadership Academy
- Provides enrollment support for each 4-H member
- Financially supports awards for the Pike County 4-H Fair and 4-H Achievement and Recognition Night

4-H Foundation Board of Directors

Sharon Tenhouse has spent a lifetime in the 4-H program. As a member, she was in three clubs at the same time, attended National Congress, lived in 4-H House during college, and even met her husband Art at a 4-H event in Springfield. These experiences led Tenhouse to serve as an adult volunteer, leading 4-H clubs for the next 48 years. Currently, she is a club leader, funder, Adams County 4-H Foundation Board Member, and a tremendous asset to the Adams County 4-H program. We greatly appreciate her service locally and as a voice for Adams County on the State 4-H Foundation Board.



4-H Hall of Fame

Leon Obert is a huge 4-H supporter and is willing to go above and beyond. His passion for 4-H is contagious and he is always sharing new and great ideas. Adams County thanks Obert for all his time and efforts, as he has given so much to the 4-H program. It is delightful to have someone who truly supports 4-H and exemplifies everything 4-H stands for in Adams County.



Marianne Adams was a 4-H Advisor and supporter in Pike County, who impacted the lives of many youth and volunteers throughout her years there. Adams was a 4-H member as a youth in Indiana. When she and her husband Ross moved to Illinois, she made sure her two boys were active in the 4-H program, as well. One of Adams' passions was conservation and the environment. She was instrumental in starting a recycling program in the county and supported and chaperoned a forestry team from Pike County that competed in the National Forestry Contest. Whether it was teaching youth to build duck boxes for a wildlife program, or encouraging youth to participate in the Freshmen Legislative Conference at the State Capitol (where Pike County had the Speaker of the House for several years in a row), Adams was there with a smile and a word of encouragement. She was also a great support to her leaders and volunteers, often attending training and events with them, creating a lot of unforgettable memories.



Teresa Guymon has been a 4-H leader for the Burnside Rising Stars for over 20 years. She dedicates herself to everything she does within 4-H. She is a wonderful role model for the members in her club and continues to go above and beyond, so that they have a true 4-H experience. The Burnside Rising Stars run a food stand during the 4-H fair, which oftentimes is the only food on the fair grounds. Teresa works all day at the food stand, while also helping her members prepare for judging. She encouraged her children to be in 4-H and now continues to support her grandchildren in the program. She is a wonderful volunteer that Hancock County feels very grateful to have.



<https://extension.illinois.edu/abhps/4-h-foundations>



Southeastern School District Ag in the Classroom students created a yummy edible treat as part of their lesson on soil.

Hancock County Ag in the Classroom

During the 2019-20 school year, the Hancock County Agricultural Literacy Program visited 103 classrooms, conducted 507 programs, and taught 1,740 students about agriculture and natural resources topics. Warsaw FFA members assisted with programming at the Warsaw Elementary School. Two hours of educator workshops were conducted through the program, reaching four educators. Additionally, Hancock County Ag in the Classroom taught sessions on farm safety at the fifth grade Western Illinois Electrical Coop Safety Day.



Eighth graders at LaHarpe participated in Tinkering Outside the Box. Small groups of students were provided with a box full of miscellaneous items, with the goal of building a machine that would move an ear of corn as far as possible in a forward motion.

Adams County Ag in the Classroom

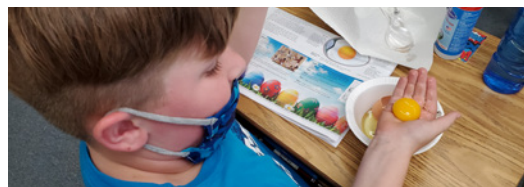
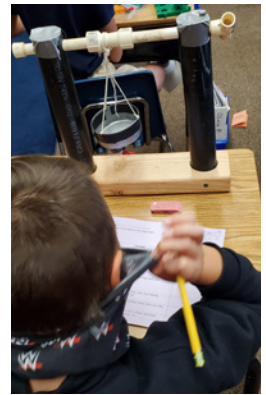
During the 2019-20 school year, the Adams County Agricultural Literacy Program visited 100 classrooms and conducted 274 lessons. Additionally, the program provided five lessons at the Clayton Public Library, made materials available to 28 classrooms, and made 6,751 youth contacts in 307 presentations about agriculture and natural resources. 130 FFA students from Unity, Payson, Central, Liberty, and Quincy assisted with programs. The Ag Literacy Program led multiple workshops at the Quincy Conference, providing seven hours of content to 86 educators.

Ag in the Classroom partnered with Adams County Farm Bureau, Adams County Fair Board, and local FFA chapters to provide ag education through hands-on activities at the Adams County Fair. More than 2,042 people participated in these activities. The program also assisted Liberty FFA with Life after High School, helped an elementary teacher with Family Ag Night, co-hosted career day at John Wood Community College for 128 high school sophomores from surrounding school districts, and assisted with new book grants and a materials grant for an outdoor garden.



Second graders at Blessed Sacrament in Quincy learn about the many products that can be made with corn. This lesson included an experiment in making corn plastic using cornstarch, water, corn oil, and food coloring.





Youth Development in Adams, Brown, Hancock, Pike, and Schuyler Counties



Illinois Extension: The Functional and Economic Impact

A new report prepared by TECnomy Partners, LLC, a firm specializing in impact assessments, values the annual economic and functional benefits of University of Illinois Extension at more than \$603 million, about 10 times the unit's \$60.9 million budget in fiscal year 2019.

The report measures Extension's economic impact in two ways: expenditure-based impacts, and functional or programmatic impacts. Extension's expenditure-based impact on the Illinois economy (direct, indirect, and induced) is \$126 million annually.

Calculated using the input/output economic model IMPLAN, this is the stimulus effect of Extension's payroll (655 full-time equivalent employees statewide) and other expenditures on the state economy. The annual programmatic (functional) benefit of five selected examples to the Illinois economy is estimated at \$477.3 million. The examples of functional or programmatic impact spanned the breadth of Extension: agriculture, nutrition, health, community, and youth development.

Today, Illinois Extension serves as an **innovation engine**, relaying needs and challenges from the field to university researchers and research teams; testing new practices,

technologies, and innovations to sustain and advance the economy, social progress, and individual capacity.

Extension is a **regional network** with a presence in every Illinois county, linking communities, businesses, and the general population to the intensive research and development and technical resources of the university and its partners. It is a **transdisciplinary entity** able to adopt holistic, integrated approaches to tackle complex problems in scientific, economic, technological, and social areas of importance to the citizens of the state.

Extension is a **catalyst** for the improvement of natural resource management practices, enhancing the environment, and sustaining Illinois' quality of place, ensuring the attractiveness of the state and its communities for human capital, new ventures, and industry retention and expansion.

Extension **delivers** research, teaching, and efforts to bolster food safety, ensure a secure food supply, and protect and promote the health of the state's citizens. It **strengthens** the quality of life of individuals and families, thereby contributing to community sustainability and vitality.

Extension **provides** 4-H youth development and leadership services, helping to provide the next generation of workers, leaders, and responsible citizens.

With a mix of federal, state, and local funds, both public and private, Extension provided nearly 50,000 educational program sessions in 2019, an average of 960 sessions per week, and made 1.3 million educational contacts at 3,800 locations throughout Illinois.



For more information, visit extension.illinois.edu/global/economic-and-functional-impact



GARDENER’S PALETTE

Adams County Master Gardeners hosted the 25th Annual Gardener’s Palette at John Wood Community College in Quincy. The keynote speaker was Melinda Myers, a TV and radio host, author, and contributing editor for *Birds & Blooms* magazine. Ms. Myers delivered presentations on flavorful landscapes and houseplants — the new gardening obsession. Attendees of the day-long event were able to choose from a variety of additional topics presented by local experts: roses, landscaping for the long term, native plants, soil testing, container gardening, and landscaping fact or fiction. There was also a make-and-take succulents workshop.



PROGRAM SUPPORT

University of Illinois Extension serving Adams, Brown, Hancock, Pike, and Schuyler counties received a grant from the Community Foundation serving West Central Illinois and Northeast Missouri, through their competitive grant process. The funds support social and emotional education in Hancock County, which focuses on teens through 4-H youth development programs and curriculum. An additional competitive grant was awarded by Compeer Financial. These funds will provide support for the upcoming Junior Master Gardener program in Adams County, which will teach local youth about the entire growing cycle, from seed to harvest to meal preparation with fresh vegetables.

We are so grateful for the generous support for these important educational programs!

PRESSURE CANNER TESTING

Over time, pressure canner dial gauges can become inaccurate. If the pressure is lower than recommended, the internal temperature of the food will not be high enough to kill harmful bacteria. To ensure safety in the home canning process, dial gauges should be tested once per year. University of Illinois Extension offers free testing of dial gauge pressure canners in Adams, Hancock, Pike, and Schuyler counties. Lids may be dropped off any time during normal business hours.

Questions can be directed to the contact person for your county: Katie Parker or Kelly McCleary (Adams), Stephani Hardy (Hancock), Amy Wiley (Pike & Schuyler).



EXTENSION EXPANDS CLOSED CAPTIONING

Dawn Weinberg, Ag in the Classroom coordinator, would have traditionally spent her spring in schools, teaching youth in Hancock County about plants and insect life cycles. However, her regular duties were put on hold, due to the suspension of in-person learning during the COVID-19 pandemic. As a result, she needed to find creative ways to continue her calling of educating others. When the state Extension office extended an invitation for employees to assist with closed captioning the educational content housed on Extension’s YouTube channel, Dawn eagerly accepted.

Since completing the training course, which included learning the software applications and best practices for closed captioning, Dawn has captioned 18 videos. Most of the content has been in the horticulture field, but she has also assisted with videos in the areas of natural resources and family and consumer sciences. After returning to work in the office, Dawn remained involved in the captioning efforts, but transitioned primarily to the role of reviewer. We applaud Dawn’s efforts in advancing Extension’s mission toward increased accessibility and inclusivity.





2020-21 Extension Council	County
Ms. Leah Adams	Adams
Mr. Deepak Balaji	Adams
Ms. Laura Bergman	Adams
Ms. Julia Cieslewicz	Pike
Ms. Sarah Fernandez	Adams
Dr. Andrea Hanson	Hancock
Ms. Barb Holthaus	Adams
Ms. Amy Lefringhouse	Pike
Mr. Javier Lofton	Adams
Mr. Sean Park	Schuyler
Ms. Carolyn Roberts	Adams
Mr. Bryan Stevens	Hancock
Mr. Dan Stupavsky	Adams
Ms. Jan Terry	Adams
Mr. Brock Willard	Pike
Ms. Jeanne Yingling	Brown

2019-20 Extension Council	County
Ms. Leah Adams	Adam
Ms. Theresa Bockhold	Adams
Ms. Sarah Michaels Fernandez	Adams
Ms. Andrea Hanson, PhD	Hancock
Ms. Barb Dietrich Holthaus	Adams
Ms. Amy Lefringhouse	Adams & Pike
Mr. Javier Lofton	Adams
Ms. Debra Miller	Hancock County
Ms. Vicki Phillips	Brown & Schuyler
Ms. Carolyn Roberts	Adams
Mr. Bryan Stevens	Hancock
Mr. Dan Stupavsky	Adams
Ms. Jan Terry	Adams
Ms. Tammy Underwood	Brown
Mr. Brock Willard	Pike

If you are interested in being a part of the Extension Council, or would like more information, please contact Shelby Crow at (217) 223-8380, or sschoon@illinois.edu.



Shelby Crow
County Extension Director
Adams, Brown, Hancock, Pike, & Schuyler Counties



Akinwale Akingbule
Extension Educator
SNAP-Ed



Betsy Bauer
Program Coordinator
Adams County



Brenda Derrick
Extension Educator
SNAP-Ed, Region 2



Siera Duesterhaus
Community Worker
SNAP-Ed, Adams County



Leah Erke
Extension Outreach
Associate
ISBE



Jennifer Graham
Community Worker
SNAP-Ed, Pike County



Stephani Hardy
Office Support Associate
Hancock County



Kelly McCleary
Office Support Assistant
Adams County



Whitney McKeown
Program Coordinator
Hancock County



Sheri Merry
Extension Educator
Youth Development



Katharine Parker
Extension Educator
Small Farms/Local
Foods



Jennifer Shelts
Program Coordinator
Brown & Schuyler Counties



Robin Thomson
Community Worker
AITC, Adams County



Dawn Weinberg
Community Worker
AITC, Hancock County



Dorothy Welbourne
Program Coordinator
Pike County



Amy Wiley
Office Support Associate
Pike & Schuyler Counties



Dianna York
Community Worker
SNAP-Ed, Hancock &
Schuyler Counties

HELPING TO CLOSE THE DIGITAL DIVIDE

Many Illinoisans are without internet connectivity, a problem made even more significant during the COVID-19 pandemic, when a large percentage of businesses and schools transitioned to virtual environments. As remote attendance to work and school became the norm, the gap created by the digital divide became even more significant. Those without access to the

internet struggled to stay connected to work, school, family, and friends. In an effort to help alleviate this burden, Illinois Extension offices in Adams, Hancock, and Schuyler counties now offer free, 24-hour WiFi. Public access points have been set up to allow wireless connectivity from the parking lot. All you have to do is drive up and connect!

OFFICE INFORMATION

Adams County Extension

330 South 36th Street
Quincy, IL 62301
(217) 223-8380
Mon. - Fri., 8 a.m. - 4:30 p.m.

Brown County Extension

108 North Capitol Avenue
Mt. Sterling, IL 62353
(217) 773-3013
By Appointment

Hancock County Extension

550 North Madison Street
Carthage, IL 62321
(217) 357-2150
Mon. - Fri., 8 a.m. - 4:30 p.m.

Pike County Extension

1301 East Washington Street
Pittsfield, IL 62363
(217) 285-5543
Mon. & Thurs., 8:30 a.m. - 4 p.m.

Schuyler County Extension

710 Maple Avenue
Rushville, IL 62681
(217) 322-3381
Tues., Wed., & Fri., 8 a.m. - 4:30 p.m.

ONLINE



/UIE.Unit14



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/4HUnit14

Cover photos: (Top left) Courtney and Cody with their Hope Box in Liberty; (top right) 4-H members from Brown and Schuyler counties are pictured with State Representative Norine Hammond at Speaking for Illinois; (bottom left) SNAP-Ed Educator Akinwale Akingbule gives a healthy foods taste test to Rooney Elementary students in Quincy; (bottom right) second grade students at South School in Pittsfield participate in an interactive lesson on organs and exercise.

Illinois Extension

College of Agricultural, Consumer & Environmental Sciences

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, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs.

The Illinois Nutrition Education Programs are funded by the Supplemental Nutrition Assistance Program (SNAP) and Expanded Food and Nutrition Education Program (EFNEP).

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