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

University of Illinois Extension plays a vital role in building a strong community by providing services that help solve problems, develop skills, and create a better future for local residents and youth. Our 2020 programs and stories reflect our transition to online webinars, virtual 4-H clubs, youth challenges, and other alternative engagement methods, allowing us to continue serving the community.

From reliable information to help businesses weather the economic effects of COVID-19 to activities to help families stay healthy in body and spirit, Illinois Extension remains a trusted source 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, 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
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 devise new methods for safely participating in farmers markets and navigating the numerous challenges facing both local and global food supply chains. Almost overnight, restaurants and retail stores had to rethink their business model, 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-based solutions to many of the most pressing issues. Pairing a deep understanding of local Illinois communities with the knowledge and expertise of a powerhouse university, Extension’s educators led the way forward during a time of uncertainty for many. We are proud to highlight some of the ways we worked with Illinois residents over the past year.

Illinois Extension Impact by the Numbers

While Extension is built on a local community framework, our educators are part of a statewide network of Extension professionals working every day to improve the lives of Illinois residents and bring stability and innovation to our businesses and communities. Educators in local units contribute to statewide efforts in their content areas of expertise. The table below summarizes some of our key performance indicators for statewide impact from the past year.

<table>
<thead>
<tr>
<th>Grand Challenge Areas Core Focus Areas</th>
<th>Educational Contacts Participants in All Programs</th>
<th>Educational Events Educational Sessions Offered</th>
<th>Digital Education Webinars and Online Learning Events</th>
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<tbody>
<tr>
<td>Community</td>
<td>15,526</td>
<td>449</td>
<td>89</td>
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<tr>
<td>Economy</td>
<td>95,449</td>
<td>2,008</td>
<td>520</td>
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<td>Environment</td>
<td>72,366</td>
<td>1,556</td>
<td>466</td>
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<tr>
<td>Food</td>
<td>83,961</td>
<td>1,867</td>
<td>236</td>
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<tr>
<td>Health</td>
<td>342,714</td>
<td>17,215</td>
<td>556</td>
</tr>
</tbody>
</table>

Our YouTube channel was launched in March 2020 in order to deliver virtual content to local audiences.

63 Videos
267 Subscribers
8,578 Views
1,300 Watch Time (Hours)

Master Gardener Mary Jo Novak leads a weather workshop with local 4-H members. Photo taken prior to COVID-19 restrictions.

Extension Council

We appreciate our 2019-20 Extension Council members, who dedicate their time and talents to the mission of University of Illinois Extension:

Larry Alvarado          Don Harsy
Amber Anderson          Greg Jones
Sherri Corn             Mary Beth Long
Ron Ferguson            Ian Perkins
Harvey Gillespie        Lori Robertson
Josh Gross              Sherri Wilson
Beverly Harsy

32% Federal Funds
27.9% State Funds
40% Local Funds
.1% Grants
Educators Lead Gardening Program

During our time of quarantine, there was one timeless activity we were still able to do — garden! According to a survey conducted by the Minnesota firm Axiom Marketing, gardening increased 43% in 2020, with that trend expected to continue in 2021.

During the month of April, Horticulture Educator Austin Little and Local Foods and Small Farms Educator Katie Bell teamed up to teach a beginning gardener series. The six-part webinar offered tips and provided an opportunity for rookie and veteran gardeners to ask questions on various gardening topics.

Little and Bell kicked off the series with a program on site selection and preparation. Participants learned how to select a planting area based on light duration and intensity. They discussed the importance of drainage and slope, utility considerations, and soil types to consider when preparing the seedbed for planting. In subsequent sessions, the educators shared the basics of soil science and best practices for soil health, crop rotation, disease prevention, plant nutrition, succession planting, and companion planting. The final session covered the basics of harvesting and produce storage.

Transitioning the in-person series to a webinar allowed the program to be delivered to a statewide audience. The series garnered nearly 400 participants, with some joining from neighboring states.

Agriculture and Natural Resources

The healing power of plants. The healing power of food.

In 2020, many people turned to cultivating plants and enjoying nature as they spent more time closer to home. Home gardeners expanded their food production, and farmers – large and small – worked tirelessly to ensure a steady food supply during a time of uncertainty. Extension was there to help residents and agricultural producers surround themselves with thriving plants, get more out of their time in natural areas, and maximize their food production.

- **4,030** ANR Program Attendance
- **13** Master Gardener Volunteers
- **56** Master Naturalist Volunteers
- **3** Community Gardens (includes gardens inactive due to COVID-19)
- **749** Expert Consultations

Access to Statewide Programs

- **285** Webinar Sessions Accessible Anywhere
- **182** New Videos and Podcast Episodes
Commercial Ag Research Continues
Ewing Demonstration Center has served the agricultural community of southern Illinois since 1910. The center, operated by University of Illinois Extension and College of Agricultural, Consumer and Environmental Sciences, drives research in insecticide and herbicide trials and various trials for corn, soybeans, sorghum, wheat, cover crops, and pumpkins.

Nestled in the heart of Franklin County, the center has featured no-till research and demonstration plots for more than 50 years as it offers representative growing conditions for southern Illinois. In 2020, agronomy research continued at the center. The use of technology, including aerial drones and solar panels, keeps the center on the cutting edge of research as they continue to provide best management practices for local growers.

Fertigation Trial Studies Nutrient Levels
In Jackson County, the demonstration high tunnel provides over 1,000 square feet of indoor growing space to extend the growing season of various crops. In 2020, a large section of the grounds was used for a tomato fertigation trial. Through the trial, Local Foods and Small Farms Educator Katie Bell used an injector to put fertilizer directly into irrigation lines to control the nutrient levels in tomatoes. The fertigation trial focused on different potassium and nitrogen levels in the tomatoes to produce tomatoes that are visually appealing on the outside and have a reduced inner core, making them more desirable. Data from Extension research trials are published and presented throughout the state and the Midwest.
Addressing Health and Food Access

Nationally, about 86% of annual health care spending is related to chronic disease, with research suggesting that up to 80% of premature heart disease, stroke, and type 2 diabetes diagnoses could be prevented. There is clear evidence from health, nutrition, and behavioral research demonstrating the positive impact of research-based communication and outreach to promote physical, emotional, and mental health. With health disparities felt unevenly across Illinois communities, education and outreach efforts need to pay special attention to trends impacting limited-resource populations.

One in every nine Illinois households experiences food insecurity, and its rise over the past decade significantly impacts the health and well-being of those within our local communities. Over two million Illinois residents rely on the Supplemental Nutrition Assistant Program for food assistance, according to May 2020 data from the Illinois Department of Human Services. There was a 14% spike in the latter half of the year associated with the effects of COVID-19. Strong communities care for all of their residents and Extension has a role in assisting with the development of community policies that facilitate food access.

Toni Kay Wright, SNAP-Ed educator, is pictured with members of the Southern Illinois Food Pantry Network. Through Ameren Illinois and supplemental funding from Southern Illinois Healthcare, the Southern Illinois Food Pantry Network awarded mini-grants to six local food pantries. Photo taken prior to COVID-19 restrictions.
Early Learning Collaborative Supports Nutrition

Children in our community are getting a healthy start thanks to a local program provided to six child care sites throughout Jackson County. This early learning collaborative helped child care centers implement best practices in early childhood nutrition and physical activity. This project is a partnership with University of Illinois Extension, Jackson County Health Department, and the Child Care Resource and Referral Center at John A. Logan College. The program positively impacts childhood obesity by enhancing nutrition and physical activity environments, policies, and practices in early child care centers.

In early 2020, the groups met to showcase the healthy changes implemented in their centers since completing initial assessments, receiving technical assistance visits, and participating in training sessions. Best practices include incorporating family-style meals into their meal program; making changes to their menus to include healthier choices; reducing the amount of fruit juice offered; role-modeling better beverage choices and offering more water; establishing a garden; increasing opportunities for more indoor and outdoor physical activity; and tasting new, colorful fruits and vegetables.

Virtual School Food Service Training

SNAP-Ed Educator Toni Kay Wright is collaborating with a small workgroup from the ABCs of School Nutrition Team to develop and facilitate statewide virtual food service training. The training supports school food service staff in obtaining their required USDA Professional Standards training hours. In 2020, the team hosted five training sessions, including Serve It Safely: Food Handler’s Certificate Training and Transitioning to Meals in the Classroom. After receiving positive feedback on the initial sessions, the team will continue to offer monthly training opportunities supporting school staff as they serve school meals in many different ways this year.

Community Food Map Identifies Food Resources

According to May 2020 data from the Illinois Department of Human Services, over two million Illinois residents rely on the Supplemental Nutrition Assistance Program for food assistance. That number increased 14.4% from January as the effects of COVID-19 impacted the financial stability and food security of individuals and households across the state.

To help Illinois residents and families meet their basic food needs, Illinois Extension launched a community food map that allows individuals to search by Illinois zip code for all food resources in that area. Powered by FoodFinder, Inc., the Illinois food resource map combines input from Illinois Extension, Feeding Illinois, the food bank network, Illinois State Board of Education, Illinois Department of Human Services, Illinois Department on Aging, Illinois Office of Emergency Management, and other state and private agencies who collaborated to create this inclusive list of food resources.

Find options in your local area
https://eat-move-save.extension.illinois.edu/
Local and state economies depend on recruiting and retaining a skilled workforce paired with sound economic planning and development. Population projections suggest that both metro and rural Illinois will face serious challenges in the next decade and beyond, with a stark exodus of young adults and an increased proportion of seniors and retirees contributing to population declines. These changing dynamics have the potential for significant impact on community contributions from small businesses. To compound an already complicated situation, many communities are grappling with both the short- and long-term implications of COVID-19.

Illinois Extension drives economic prosperity through innovation. Our work connects people, tools, and data to equip communities to prepare for change. Our work is guided by the following beliefs:

- Individual self-worth stems from finding purpose in life. Careers are one important way individuals find self-value and pride in accomplishments.

- Small businesses are vital to local community health. They provide a central role in understanding and meeting local needs and often serve as an indicator of the resilience and adaptability of a community.

- Opportunities to improve financial well-being should be available for everyone in the community.
Local Youth Explore Careers
What do you want to be when you grow up? Some of us may still be searching for the answer to that question. During the first part of March, Franklin County students had a chance to explore various careers during an eighth grade teen conference. The event kicked off with a keynote address on distracted driving from Trooper Bridget Rice, who serves as the safety education officer for the Illinois State Police. Students then attended four breakout sessions across the Rend Lake College campus to learn more about occupations in technology, finance, sports therapy, veterinary medicine, agriculture, social work, first response, and culinary arts.

Poverty Simulation Raises Awareness
Poverty is a reality for many individuals and families within our communities. Unless you have experienced poverty, it is difficult to understand. In early spring, Illinois Extension led a poverty simulation with the Regional Office of Education #21. During the simulation, participants role-played a month in poverty to experience low-income families’ lives. The exercise deals with real life issues, such as food insecurity, eviction, lack of transportation, and child care. This simulation brought awareness to these families’ struggles, so that schools and agencies can be a voice to advocate for those in need.
Virtual Programs Engage 4-H Members
Our 4-H team kept local youth busy during the stay-at-home order through virtual challenges, programs, and activities. Meetings and events traditionally hosted in person were transitioned to various social media and video communication platforms to keep 4-H members engaged and connected.

Staff made learning fun as they led activities like virtual movie night, virtual bingo, photo contests, art lessons, science experiments, and more. Many activities and programs were youth-led, allowing them to implement leadership skills essential to 4-H.

Local Youth Learn About Livestock
Livestock and 4-H go hand-in-hand, and many local youth had a chance to put their skills to the test with the livestock quiz bowl and livestock judging contest in February and March.

The quiz bowl tests the knowledge of feed, species, equipment, and various livestock. The livestock judging contest provided an up-close-and-personal look at livestock. Local 4-H and FFA members evaluated each animal’s characteristics and compared other animals to determine the ideal standard of that particular class. The events teach youth how to evaluate livestock that will enter the food system.

Many of the youth who participated in the contest went on to (virtually) showcase their own livestock at local fairs this summer. Over 130 youth from 10 counties and 11 local schools participated in the contests.

Local youth participate in the 4-H and FFA livestock and dairy judging contest in early March. Photos taken prior to COVID-19 restrictions.
Local Leader Enters 4-H Hall of Fame

Service is a hallmark of the Illinois Extension 4-H program. The Illinois 4-H Foundation annually honors longtime volunteers and former staff members for their selfless dedication to 4-H, Extension’s youth development program. In 2020, 86 individuals received the Foundation Hall of Fame Award, presented during a virtual ceremony. Among those honored was a local volunteer, Don Elliott, who has a long history with Illinois Extension serving Williamson County as a leader in the shooting sports program.

Youth Take Flight Learning About Aviation

Many youth dream of being a pilot, so imagine how thrilling it would be for them to sit in a real aircraft’s pilot seat. Local youth had the opportunity to take flight over President’s Day weekend 2020. They joined Southern Illinois University Aviation to learn more about the exciting and rewarding careers in aviation management, aviation flight, and aviation technology. Participants experienced a flight simulator and toured the hangers that hold 34 flight planes, including Cessna-152s, Cessna-172s, and Piper Arrows.

4-H Distributes Food Kits to Those in Need

Through funding from the Walmart Foundation, 4-H Healthy Habits teaches skills in nutrition and food access to underserved youth and families. Just before Thanksgiving, Williamson County 4-H and Jackson County 4-H distributed 30 meal boxes to families in need within our local communities. Each kit contained a 4-H cookbook, handwashing information, and knife safety information, along with the supplies and recipes needed to make six full meals.

Illinois Foundation Honors Local Youth

Illinois 4-H challenges youth to try new things, experiment in project areas that interest them, and explore opportunities around the state and the country. The 4-H Experience Award, sponsored by the Illinois 4-H Foundation, recognizes youth who excel in that challenge. Alaina Smith, Chase Smith, and Riley Smith, members of Randolph County 4-H, received the Emerald Level Project Learning Award. Shealee Swisher, a member of Jackson County 4-H, received the Emerald Level Leadership Award.

Illinois 4-H Foundation also presented the Legacy of Leadership Scholarship to 4-H members who demonstrated and maintained a high standard of 4-H excellence and mastery during their membership tenure. Andrea Miller, Franklin County 4-H member, was named one of the Legacy of Leadership Scholarship winners.

4-H Participation

- 551 Club Members
- 59 Clubs
- 91 Adult Club Volunteers
- 26 Youth Club Volunteers
Dig In With Extension

While many staff members worked from home in 2020, our educators continued their field research at our demonstration centers and high tunnels. Without in-person field days and programming, they still found ways to share information with local audiences through social media and YouTube.

The Dig In with Extension YouTube series covered current research, trials, and other tips from our agriculture and natural resources team and was available to anyone with an internet connection. From starting seeds, to pollinating corn, and showcasing a tomato fertigation trial, we continued to share relevant information with our viewing audience.

Master Gardeners Receive State Award

Don and Beverly Harsy are both recipients of the 2020 Outstanding Master Gardener Award. Fellow Master Gardeners nominated the Du Quoin residents for this recognition.

Master Gardener volunteers were recognized at a virtual awards ceremony in October. The annual awards ceremony acknowledges the work of the 2,700 volunteers around the state, who provide horticulture-related assistance to their communities. Local Illinois Extension staff also presented winners with certificates, pins, plaques, and lawn signs.

Fellow Master Gardeners describe the duo as being “systematic and methodical in their planning,” noting that audiences appreciate the “how-to” emphasis the Harsys bring to their demonstrations. They were instrumental in establishing the Perry County Seed Library, a program that earned the Master Gardener Teamwork Award.

The State Outstanding Master Gardener Award was established to honor the best of Illinois Master Gardeners, those whose breadth and depth of involvement in the program is exemplary. Only the top two percent of active Master Gardeners in the state are recognized with this award. Extension uses trained Master Gardener volunteers to meet the constant demand for horticultural consumer information by citizens of our state and region.

We appreciate the great impact Don and Beverly continue to have in our community through their service to the Master Gardener program. This award is just one small way to recognize the great work that they do.

AUSTIN LITTLE, HOTICULTURE EDUCATOR

Don and Beverly Harsy received the 2020 Outstanding Master Gardener Award. They were recognized during a virtual ceremony in the fall.
**Webinar Adds a Pop of Color to Cold, Gray Months**

Winter months can often feel cold and gray. Participants in a tropical plant care webinar learned to add a pop of color to those days. Horticulture Educator Austin Little discussed the basics of tropical plants, maintenance and care, and tips to keep indoor plants happy. Those in attendance were also able to take a virtual tour of the Plant Biology Greenhouse at Southern Illinois University, which houses one of the most extensive collections of tropical plants in Illinois. Guest speaker, SIU Plant Biology Greenhouse Gardener Clint Chamness, joined Little for the question and answer portion of the program. The webinar included pre-recorded video segments on soil selection, succulent care, ferns and cycads, and pest management.

**Master Gardeners and 4-H Members Establish Memorial Garden**

Master Gardeners help others “learn to grow” and 4-H members “learn by doing.” These themes merged perfectly during a collaborative fall project. Local Master Gardeners taught 4-H members how to plant native grasses and plants in the newly established memorial garden at the Perry County Extension office. The garden was established in honor of the late Extension Educator Larry Paszkiewicz, who served in Perry County many years ago and had a passion for native grasses and plants.

Master Gardener Jane Chapman teaches a 4-H member how to loosen the roots of a plant.

Watch a video of the installation go.illinois.edu/nativeplantgarden

**Master Naturalist Program Adds New Members in 2020**

Those with a love of nature and a desire to provide education and service to help local communities find the perfect fit with our Illinois Master Naturalist volunteer training program. The Master Naturalist program provides science-based educational opportunities that connect people with nature and help them become engaged environmental stewards. It is designed to educate and train a corps of volunteers to support the conservation, management, and interpretation of the area’s natural resources. The 2020 Master Naturalists celebrated their graduation with a socially-distanced ceremony at Giant City State Park.

The graduating Master Naturalist class of 2020.

**Master Gardeners Lead Tree Identification Series**

Local Master Gardeners made participants feel like they were actually taking a stroll through Keyes Park in Du Quoin, as they led a virtual tour during the Eyes on Keyes’ Trees video series. The park is home to several different species of trees common to our region and they represent a good mix of the many trees that flourish in southern Illinois. The videos present various trees, their growth habits, characteristics, soil preferences, longevity, and potential problems and pests. The program featured 14 trees with a new video shared weekly on social media.

Enjoy the full series at go.illinois.edu/keyestrees

Environment

*Tree ID Series*
Staff Directory

Lynn Heins
County Extension Director

Cindy Bauman
4-H Program Coordinator

Talon Becker
Extension Educator, Commercial Agriculture

Katie Bell
Extension Educator, Local Foods/Small Farms

Terri Cagle
Office Support Associate

Alisha Carruthers
Community Worker, SNAP-Ed

Landon Chandler
Community Worker, SNAP-Ed

Jance Curry-Witzman
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Joe DeVillez
Office Support Assistant

Ramona Girtman
Program Coordinator, 4-H

Erica Kurtz
Office Support Assistant

Marc Lamczyk
Program Coordinator, Small Farms/Local Foods

Austin Little
Extension Educator, Horticulture

Rebecca Needham
Program Coordinator, 4-H

Jennifer Newbury
Community Worker, SNAP-Ed

Susan Odum
Extension Specialist, Community & Economic Development

Maggie Ray
Program Coordinator, Small Farms/Local Foods

Rhonda Shubert
Program Coordinator, 4-H

Michaela Stewart-Castens
Program Coordinator, 4-H

Heather Willis
Program Coordinator, Marketing & Comm

Toni Kay Wright
Extension Educator, SNAP-Ed

Not Pictured:
Patti FitzPatrick
Business Manager
Jackson County 4-H member Michelle Wang was selected to serve on the 4-H Space Mission Control Team.

Black-eyed susans in full bloom at the Rend Lake Pollinator Garden, which is cared for by local Master Gardeners.

Colton Coffey showcases the ribbons and trophies he earned during the 2020 virtual 4-H fair.

OFFICE INFORMATION

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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).

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.

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