



Henderson Aggies Cloverbuds
at the 2016 4-H Show

2016 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION
SERVING HENDERSON, KNOX, McDONOUGH
& WARREN COUNTIES



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Sue Indelicato
harvests vegetables
from the CSC garden



Warren County 4-H Members show
their ribbons after the General Show



A Note from Lisa Fulkerson

Grab a cool drink, have a seat and take a look at what your local U of I Extension office has been busy doing in 2016.

These last few years have been a bit rough as we have navigated the financial situation in the state; however U of I Extension has continued to provide programming to the residents of Illinois.

In our 4 county unit of Henderson, Knox, McDonough and Warren we have provided opportunities to our traditional 4-H youth as well as those in our 4-H Shooting Sports and Robotics SPIN Clubs. Youth have been exposed to leadership, career planning and financial readiness.

Master Gardeners and Master Naturalists have been trained and assist our communities with their projects, whether its educational, beautification or helping to grow gardens to feed our local residents.

Older residents are learning how to age safely through programs aimed at balance and brain health. Local officials are working with Extension to write mitigation plans and to prepare in case of a natural disaster.

Extension has been busy this past year making sure that the research that happens at the University of Illinois and other land grant colleges is getting into the hands of the residents who need it.

So look through these pages and see what we have been a part of and-more importantly-get some ideas for what you would like your local Extension office to get involved with in the future. Come by, give us a call, send us an email, check out our web and social media pages....get to know your local U of I Extension office.

Lisa Fulkerson



County Extension Director
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Financial Report & Videos	4
Community & Economic Development	5
4-H Development	8
Horticulture & Natural Resources	14
Nutrition & Wellness	19
SNAP-ED	20

University of Illinois Extension

SERVING HENDERSON, KNOX, McDONOUGH & WARREN

University of Illinois Extension is the flagship outreach effort of the University of Illinois at Urbana-Champaign, offering educational programs to residents of all of the 102 counties Illinois — and far beyond.

Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. U of I Extension offers educational programs in five broad areas:

- ▶ Energy and environmental stewardship
- ▶ Food safety and security
- ▶ Economic development and workforce preparedness
- ▶ Family health, financial security, and wellness
- ▶ Youth development

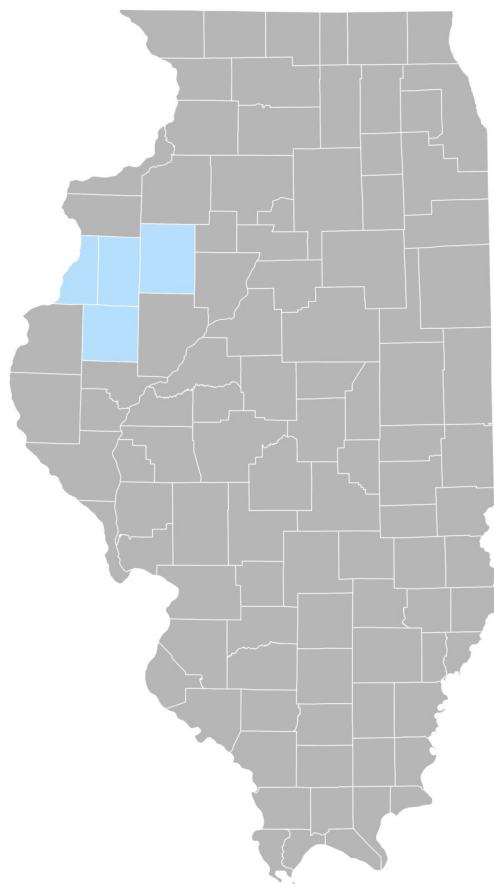
While most Extension programs are offered on an informal, non-credit basis, U of I Extension does offer continuing education credits in some fields of study. Extension programs may be offered as hands-on workshops, field days, online self-paced tutorials, or in other formats that are suitable for the audience and subject-matter.

More than 1.5 million Illinois residents take part in Extension programs each year, including nearly 200,000 who participate in 4-H youth programs. Each month, U of I Extension web pages draw more than 5 million page views, and people in more than 200 countries access Extension's web-based information.

Communities are directly served by Extension staff in 27 units located throughout Illinois. Extension educators in local offices and specialists located on the U of I campus develop and deliver in-depth programming locally, in regional venues, and through distance-learning technologies.

As part of the nationwide Cooperative Extension System, U of I Extension also is able to draw on research-based expertise from land-grant universities all across the country. Volunteers who serve on local advisory councils provide direction for U of I Extension programming, ensuring that programs continue to meet critical needs.

U of I Extension is based in the College of Agricultural, Consumer and Environmental Sciences (ACES) and works with all colleges and units of the University of Illinois at Urbana-Champaign.



Financial Report

	2016
2016 INCOME \$1,211,446	
*State Funds/Match	\$408,192
County Board,	
Federation & Foundation	\$548,341
Federal SNAP	\$124,851
Program Fees	\$20,029
Local Donations	\$17,377
Smith Lever	\$63,392
4-H Premiums	\$29,264
<i>*Did not receive FY16 State of Illinois matching funds. Used emergency reserves to cover lost revenue.</i>	
2016 EXPENSES	
Program Expenses & Salaries	\$723,405
Federal SNAP	\$106,407
Materials, Supplies,	
Utilities & Rent	\$262,147
Smith Lever	\$63,392
Transportation	\$43,988
Awards	\$12,107

Videos

If a picture is worth a thousand words, what is a video worth? In order to reach audiences in new ways, educators in Unit 10 produced a variety of YouTube videos in the past year. Cara Allen, Family Life educator, was instrumental in several, which can be found on Unit 10's website at <https://www.youtube.com/channel/UckDcS1iALRDeRzP60G7skqg>

She developed ideas and was the script writer. All videos were then completed by Chris Enroth, Horticulture educator who was the cameraman, director and editor.

Check them out!



Harmonious Holidays:
Surviving Family

<https://www.youtube.com/watch?v=U1qTy-QHnJQ>



Summer Safety for Young Children – Playgrounds

https://www.youtube.com/watch?v=0_r3C3tTeYE



Supervising adults need to keep in mind young children can drown in as little as 2-inches of water

Summer Safety for Young Children – Wading Pool

<https://www.youtube.com/watch?v=wC3lvqru5F4>



Summer Safety for Young Children – Hot Car

<https://www.youtube.com/watch?v=mAJDwS02atU>



Happy Thanksgiving 2016

<https://www.youtube.com/watch?v=yyp8YPjn0Wo>



Henderson County COAD Finishes a Productive Year

Stronghurst, IL – University of Illinois Extension worked directly with Henderson County officials during 2015 to form the Henderson County Community Organizations Active in Disasters (COAD) Group as part of a multi-state pilot project. Instead of fizzling out, 2016 saw this organization (with the assistance of both CED Educator Carrie McKillip and County Director Lisa Fulkerson) grow and provide exceptional programming to Henderson County.

In January, the COAD held their annual meeting and formally adopted their COAD Plan, which was forwarded to the Illinois Emergency Management Agency (IEMA). In order to build skills and awareness the COAD planned three activities for 2016. In March, a National Incident Management System training was held with U of I Extension Communication Specialist Rick Atterberry providing the training. This program, which ran 4 hours on a Saturday morning, had 25 attendees from the COAD, local jurisdictions, and county offices.

In May, 23 COAD members, local citizens, and Fair Board members attended a tabletop exercise, led by Extension CED Educator

Carrie McKillip. The scenario for the tabletop exercise was a tornado touching down on the Henderson County Fairgrounds when animals and exhibitors were present. This activity gave COAD members the opportunity to talk through an event and gain greater insight as to the processes and issues that may need to be addressed.

The third and final activity of the 2016 programming year for the COAD was a functional exercise in September, which simulated a train derailment directly behind the Extension Office in Stronghurst. With assistance from Burlington Northern Railroad, Rick Atterberry walked local COAD members, first responders and volunteers through the functions of responding to a train derailment with a petroleum product spill. Over thirty individuals attended the Exercise, which is a great turnout for anywhere, but especially impressive in a county of less than 6000!

The success of the COAD program in Henderson County illustrates not only the need for disaster related programming in rural areas, but also the capability of University of Illinois Extension to organize and deliver research based programming adapted to local situations with a broad range of partners.

Project Rebound

Unit CED Educator Carrie McKillip cites Project Rebound, Inc.; (a housing Initiative), as one of the most rewarding and exciting projects she has coordinated in her Extension Work. McKillip characterizes the project as a match-making initiative between renovated housing and buyers within the city of Galesburg who have a stable income, and a decent rental history career, but cannot save enough for a down payment.

Galesburg, like many mid-sized Midwestern communities, lost numerous manufacturing plants over the past three decades. While the Galesburg economy has stabilized, many of the community's current jobs are in service and small manufacturing entities, which pay a much lower rate than the union manufacturing jobs that disappeared. As the population has aged, there has also been an increase in healthcare and nursing facilities, which have a lower pay scale (lower than heavy manufacturing) for entry level workers. At the same time, many young people from the community are choosing to relocate because of and/or after college, resulting in a declined population, a continued aging population, and a less skilled workforce.

While the population has declined and household income has decreased, Galesburg's housing has remained stagnant, and houses have been abandoned at an alarming rate. In Knox County, (including the City of Galesburg,) vacant housing units have risen from 7% of the housing market in 2000 to 10.4% in 2013. These houses may be sold for delinquent taxes or are condemned and demolished by the City of Galesburg.

Demolishing a home is costly to the city, wasteful, and removes property from the tax rolls. This cycle of neglect, deterioration, condemnation, and demolition began to erode neighborhoods, as well as the tax base. It was clear that an innovative approach was needed to refurbish aging housing which would remain affordable, and be available for purchase by the existing workforce in Galesburg.

The Chamber of Commerce Task Force conceived the idea of Project Rebound, Inc., which McKillip

and many of the Project Rebound Partners belonged to. It recognized that young workers in the new economy were paying more in rent than they would need to as compared to making a house payment for a comparable property; and had a limited ability to save for a down payment. Many of the service and manufacturing sector workers had less than perfect credit, and were, therefore, perpetual renters. This coupled with the fact that Rural Development Loan funds are not available within the City of Galesburg (cities over 20,000 populations are not eligible), left renters with no opportunity to purchase a home and become invested in the Galesburg community. The task force recognized that to keep young workers in the community they must find a way to support home ownership.

Once the Housing Task Force disbanded the project stalled, but the need continued. In 2016 investors were identified who were willing to purchase and renovate homes and sell to Project Rebound Buyers for a purchase price of \$50,000 or less. Two banks- F & M and Midwest Bank agreed to provide 100% financing for buyers approved by the project's underwriting committee. During 2016 two properties were renovated and sold through the project, and the project board is currently investigating ways to increase the mortgage money available to the project.

Project Rebound is comprised of bankers, contractors, realtors, city officials, and University of Illinois Extension staff. Registered as an Illinois Not for Profit Corporation, the Board of Directors meet monthly, and have been asked to share their experience with other communities. This project illustrates creative community development at its best; developing a public/private partnership that serves both the community and the individual buyers.



Project
Rebound
Renovated
House



Welcome to The Real World Career Exploration and Reality Awareness

According to the Bankruptcy Institute, Illinois in 2011 was identified as one of the states with the highest rate of bankruptcy filings. Studies identify that financial literacy is low, and youths' spending power is increasing. The need for financial education is apparent due to extensive use of credit beginning among middle school aged youth.

The lack of responsibility associated with money management at all ages—especially credit—and youth's limited access to education information (other than that offered by their parents), whose own practices may limit the dependability as their primary information source.

The spending behavior of youth combined with their limited understanding of money management promotes habits that

University of Illinois Extension has financial curriculum available, and schools have the students who need the financial education. In 2015–2016, Youth Educator Tessa Hobbs–Curley utilized the curriculum, *Welcome to the Real World* with each county that she serves in Unit 10. The goal is that youth will learn about paying bills for an entire month. Youth will learn how to balance income and expenses, open a savings account, balance a checkbook, gain skills in keeping track of a savings account, and learn how to write a check. Also, awareness and knowledge of career concepts and how it can impact youths' future will be part of the curriculum.



Results

The program was delivered with the support of Delabar CTE System and over a hundred volunteers in the Knox, Warren, and Henderson counties. Schools districts were targeted in providing and receiving the *Welcome to the Real World* curriculum. The results to close to six hundred of the counties of Knox, Warren and Henderson whose 8th grade students included that more than three-fourths of the students who completed the survey indicated that they learned at least one of the five financial management skills. One-half of the students increased their awareness and knowledge of the relationship among jobs, money, and education. When asked how their view of life in the future changed as a result of participating in the program, one student responded “My view has changed a lot I have found out what my parents go through and what they do to keep me alive. I will work harder, so I don't need to struggle.”

In McDonough County, the University of Illinois Extension partnered with Western Area Career System under the Office of Education #26. Approximately two hundred youth, made up of seniors, freshman, and eighth-graders is from the area schools participated in the *Welcome to the Real World* simulation. The results concluded that over sixty percent of students learned at least one of the five financial management skills. Fifty percent indicated increasing their awareness or knowledge related to future careers. *Welcome to the Real World* simulation gives youth a practical hands-on experience of living life and paying bills based on needs and wants.



4-H Growing and Feeding Our Communities

Four 4-H teens spent their summer taking part in the Growing and Feeding Our Communities program. They taught the Jr. Master Chef curriculum to over thirty youth in Knox County. The Teens as Teachers spent two days in training in June to learn nutrition lessons and hands-on techniques of preparing food. They brought the food, supplies, and knowledge to the YMCA summer program where youth ages 8-13 were taught the curriculum. The overall goal is for Teens to have the opportunity to mentor other youth through cooking. Teens understood the eight critical elements of Positive Youth Development. Also, youth who experienced the hands on instruction learned cooking skills and giving the opportunity to try new foods.

The experiential activities stressed safety, health, and the overall preparation of food. The Teens as Teachers took the time to learn the lesson as well as time management. They honed their leadership and teaching skills throughout this experience. This program is an example of another way the 4-H Youth Development Program in Unit #10 are following the mission "To help youth learn skills for living."



Teens practicing cutting fruits and vegetables



Each teen teacher took turns teaching a lesson



Madilyn Main second year as team teacher



Practice makes perfect



County Fair Participation

Unit 10 members were excited to exhibit their 4-H projects in the general and livestock shows. There were approximately 700 total members participating in the Henderson, Knox, McDonough and Warren County Fairs. The fair can be a very busy time preparing and completing projects, but as a 4-H member they gain valuable knowledge in organization, leadership and planning skills. Many youth work in collaboration with family or friends during the livestock shows. While one may be showing an animal, another is behind the scenes getting a different animal ready to be shown. This collaboration emphasizes and teaches youth teamwork, cooperation and communication. 4-H teaches youth many life skills and coping mechanisms. The tools they learn can be practiced and utilized throughout their future.

Recognition Opportunities

The Henderson County 4-H Federation has been working to provide various activities for members to have an opportunity to socialize and interact with each other. This year they combined their new year kick-off with the annual Achievement Program. This had been a common celebration in the past and members decided they would like to continue

with the tradition. Members of Federation purchased hot dogs, buns and beverages and asked families to bring a dessert to share. Federation president Kaitlyn Kane presented members and clubs with their awards. After the cookout, the Federation members facilitated games for the younger members who were present.

NRA Grant Received

The McDonough County Shooting Sports Spin Club is thankful for the support of the NRA (National Rifle Association) through a grant in which we received six Sporter T200 air rifles with six cartridges and one scuba tank valued at \$3934.70. Volunteer instructor and coordinator of the 4-H Shooting Sports program worked with the 4-H staff to submit the grant. Because of the increase in equipment the program more than doubled the participation in air rifle training this year.





Scotland Clever Clovers donating snacks to local volunteer fire fighters

The McDonough County 4-H Clubs give back to their community in a BIG way

Every year our 4-H clubs in McDonough County do an excellent job giving back to their communities. In 2016, due to the State Budget Crisis our major university and local agencies were hit hard by layoffs and our 4-H clubs wanted to show support to our community.

Each of our seven 4-H Clubs and Federation held food drives for the local food pantries. The most common measure of collecting food is by the truckload; our 4-H clubs delivered a total of 15 truckloads and just under \$800. With our Blandinsville Blue Ribbons 4-H Club raising \$233 of this for their West Prairie school district's Backpack Program. The program sends sacks of groceries to 70 families every Friday as well as during the time school is out on break to help ensure that the students are receiving adequate food supplies.

On top of their annual food drive, the Scotland Clever Clovers also donated snacks to local volunteer firefighters around the community during National Volunteer Week.

According to the volunteer leader the club members wanted to give back to those who give so much time for others.

I pledge my hands to larger service...

On December 3, 2016, McDonough County held its first-ever Illini Fighting Hunger event. In just four short hours and with around 20 volunteers we were able to package 10,710 meal packets, consisting of rice, soy, dehydrated carrots, celery, and onion, and vegetarian chicken broth. The meals were shared with local food pantries as well as the Backpack programs in the Bushnell-Prairie City and West Prairie school districts. Each place that has received the packets has been very grateful and have asked when our next event will be. In McDonough County, all of our food pantries serves more than 200 families in any given month. As one of the H's in *4-H stands for Hands for Larger Service*, it is wonderful that our 4-H members, are responding to the need for serving others.



4-H Unit 10 Offers Cloverbud Groups

The 2016 4-H year could be called the year of the Cloverbuds. Cloverbud 4-H Clubs are for youth between the ages of five and seven as of September 1st of each year. Unit 10 is proud to announce that we have twelve Cloverbud groups that meet throughout the counties. The Warren County Backcounty Braves, Cameron Kids and Happy Hustlers meet with their community club and participate in community service activities as well as cloverbud group activities. The McDonough County Blandinsville Blue Ribbons and 4-H Helping Hands helped with the Salvation Army Bell Ringing and food drive for the local food backpack program. The Knox County Cloverbud groups include: Henderson Aggies, Rio Livestock, Wataga Trailblazers Cloverleaf, Knox County Power Clovers Cloverbuds, K-Ville Clovers Walnut Grove Progressors, and Williamsfield Town and Country. The Unit 10 Cloverbud groups enjoy individual time with leaders and are included in community service projects with their respected community clubs. 4-H encourages them to show cloverbud projects at the 4-H Shows in July and many youths take advantage of discovering new skills. Unit 10 Cloverbud groups serve over fifty youth from kindergarten through second grade. For more information about the Unit 10 4-H Cloverbud Groups contact Tessa Hobbs-Curley, Unit 10 4-H Youth Educator.

Unit 10 4-H Federation Groups

Federation groups in Henderson, Knox and McDonough Counties are active in promoting 4-H activities. Most recently, the McDonough County Federation (that has twelve members) put together an *Illini Fighting Hunger*, food-packaging event. 4-H members from around the county helped package over 10,700 meals that were distributed to local food pantries and school backpack programs. The Henderson County Federations, (of ten members) met and volunteered their time to promote community involvement at the Stronghurst Holiday Walk. They assisted various businesses with activities and promoted Henderson County 4-H at the same time.

They are getting ready for their *Meet Me at the Fair* mock fair demonstration in the spring of 2017. This event focuses on new 4-H members and helps them prepare for the 4-H show. In Knox County the 4-H Federation's (seven members) are preparing for their annual diaper drive for the Rescue Mission and Women's shelter in Galesburg. Each year members cook a meal at the mission and donate around seventy packages of diapers. The Knox group also assisted the local CASA organization with fundraising at the Galesburg Tractor Supply Company. Along with community service projects and county activities the Federation in all three counties help 4-H members pay to attend state and national conferences and 4-H Camp. 4-H Members benefit from the financial assistance to gain educational opportunities and leadership skills. 4-H Federation groups consist of high school age 4-H youth that meet on a monthly basis. The Federations' focus is service learning and leadership skills that benefit our members in college and beyond.



McDonough County
Mounties 2016
4-H Show



McDonough Co.
Blandinsville Blue
Ribbons 2016 4-H Show



Henderson Aggies
Cloverbuds at the
2016 4-H Show



Youth having fun at
Galesburg Tractor
Supply, helping CASA
organization.



Social Work Students at WIU in their families for the Poverty Simulation

Poverty Sensitivity

When you are working with youth or adults the need to be empathic towards others is important. Poverty for our communities is high with as low as 12.8% in Henderson County to as high as 21.3% in McDonough County, as of 2013. Even more significantly, when looking at the number of youth under the age of 18, Warren County represents the Unit's lowest numbers at with 19.3% living in poverty, and Knox County with a high of 28.2% of youth living in poverty. With the Illinois average of 13.8% of the population living in poverty, and 20.6% of those under the age of 18 in poverty, it is clear that the problem facing the counties will take awareness, understanding and initiative. The University of Illinois Extension staff serving Henderson, Knox, McDonough, and Warren Counties invests in helping public school staff, Western Illinois University social work students, and Macomb Youth Leadership Organization (MYLO 14 sophomores from Macomb High School)

understand what it might be like to live in a typical low-income family trying to survive from month to month.

The County Director and two educators are trained in Missouri's Community Action Poverty Simulation. This learning tool has been created as a way to help people understand the realities of poverty. During a simulation, participants role-play the lives of low-income families. Some are TANF recipients, some are disabled, and some are senior citizens on Social Security. They have the stressful task for providing for basic necessities and shelter on a limited budget during the course of four 15 minute "weeks". They interact with human services agencies, grocers, pawnbrokers, bill collectors, job interviewers, police officers and others.

It is a simulation that enables participants to look at poverty from a variety of angles and then to recognize and discuss the potential for change within their local communities.



Second Annual Monarch Migration Festival

On September 10 in the early morning, a handful of Master Gardeners, community partners, and Extension staff gathered in Galesburg to prepare for the flocks of folks to come. The site was a paved outdoor space that served as the city's former tennis courts but is now the site of the humble Lakeside Nature Center. The festivities were mostly hands-on outdoor activities with one activity located in the nature center. The festival was lucky to have a warm sunny morning as event volunteers and vendors set up informational booths highlighting the journey of the Monarch Butterfly, the importance of pollinators, how to design a butterfly garden, the amazing world of bio-diversity and the array of under appreciated native species. Extension volunteers, staff, and partners set up stations where children could draw butterflies on the pavement, make paper Monarchs to send to Mexico in the Symbolic Migration, create seed balls to plant in their yards, build Monarch rearing cages, and learn to do interpretive dance like the bees. Extension volunteers and green industry professionals were on-hand to answer questions with information galore, guided tours of the monarch waystation habitat, as well as native plants, books, artwork and honey for sale. This event was a spirited and educational celebration of the Monarch Butterfly and pollinators. The crowning jewel of the event was Ms. Mari Posa, the mobile Monarch classroom in a converted school bus, owned by our leading festival organizer and Master Gardener,

Rhonda Brady. Rhonda and Ms. Mari Posa have found their way to classrooms and events across Illinois to inspire children and adults to care for Monarchs by protecting their habitat, and creating valuable open spaces with milkweed and nectar plants. Festival attendees lined up most of the day to step onto this real life magic school bus. Rhonda patiently showed each person around the mobile classroom where she had live Monarchs in each stage of life. She showed participants maps of the Monarch migration to purchase to tag the butterflies that were ready for release. Rhonda demonstrated what Monarchs look like while they overwinter. Monarch Watch tags, a program through the University of Kansas, were available highlighted the importance of establishing monarch waystations in yards and public spaces.

Attendance was constant during the entire five-hour event. At 1 PM volunteers gathered all the children for the grand finale, beginning with a long meandering parade of "butterfly" children across the event space to signify that the Monarch release was about to happen. Rhonda brought out the monarch butterflies that were tagged and ready to release. One by one, she placed Monarchs on the arms of children just before they fluttered off into the sky. Forty Monarch butterflies were released, and the festival had about 700 people visit throughout the day. The second annual Monarch Migration Festival was a resounding educational success complete with heartwarming fun and activities enjoyed by those of all ages.



Students from Gale Elementary and Master Gardeners worked together to plant flowers and vegetables

Knox County Master Gardener

According to the US Department of Agriculture approximately 13 percent of American households had difficulty providing enough food for all of their members due to the lack of resources during 2015. Within Unit 10, counties face considerable challenges regarding low income and low access to healthy, affordable food, with significant areas classified as food deserts. (USDA Food Access Research Atlas, Accessed: Dec, 2016) University of Illinois Extension Master Gardener volunteers possess the knowledge, skills, and community associations to provide locally grown, fresh produce to local food pantries.

In 2013 Knox County Master Gardeners joined with the already established community garden (which began with a grant in 2011 on the grounds of Carl Sandburg Community College) with the goal to support local food assistance programs. Through a partnership with the community college and fundraising efforts, this Master Gardener project is self-sustaining, with Extension staff providing educational support to volunteers.

The total amount of donated produce for 2015 and 2016 was 8,000 pounds. If we assign a monetary value of \$1.72 per pound,¹ the Carl Sandburg Community Garden has grown and donated \$13,760 of produce in the past two years.² According to the records of one of the three

community food assistance programs in Galesburg, (FISH), Extension has reached a potential 16,252 individual contacts in 2016.

Additionally, the Community Garden donated to LaGrace Hall of Hope, serving up to 6 women and their children who are learning to live independently and safely additionally, St. Vincent De Paul, a Catholic facility helping about fifty low-income families each week also participated.

Another primary goal of the community garden is education. Volunteers have provided numerous education opportunities to the public, including workshops, open house events, and a partnership with Hy-Vee on a youth nutrition and gardening program. Since the groundbreaking of the community garden in 2011, volunteers have reported 1,835 hours of service for this project. Bringing a labor value of \$40,616 that volunteers have contributed to help educate and feed hungry families in Knox County.³

¹ Based upon the 2014 Feeding America's evaluation where the approximate average wholesale value of one pound of donated product at the national level was determined to be \$1.72 in 2014. (Feeding America Financial Statements, 2014 and 2013, page 12)

² \$13,760 is an incredibly conservative total. Carl Sandburg Community Garden donates organically grown produce. As an example: Organically grown garlic (one of the community garden's many crops) may retail for \$5.00 or more per pound depending on the variety. (Garlic Production, Penn State Extension, 2014)

³ Based upon the national hourly rate for a professional horticulturist of \$22.14 from the Independent Sector. (Correspondence, State Master Gardener Coordinator, 2014)

Envirothon

Knox County Soil and Water contacted Chris Enroth earlier in 2016 to take part in this year's Envirothon. The Envirothon consists of teams of high school age youth rotating through various sessions on natural systems and resources. After each presentation, the students receive a problem they must solve as a team. The students then present their solution to a panel consisting of the session educator and an additional judge. The panel then scores the student's presentation and ranks each team. Teams compete all day rotating through each topic station, and top scoring groups are awarded at the end of the day. The topic assigned to Enroth was invasive species.

Enroth developed a short ten-minute presentation and then a problem scenario. During his delivery, Enroth gave a brief overview of invasive species and then some background on a particular exotic pest, emerald ash borer (EAB). At the end of the presentation, Enroth handed out the dilemma to be addressed by the students. Students were assigned the role of a community advisory committee to provide recommendations to a mock city council on what to do about the eventual arrival of EAB. Enroth and an additional judge listened to each team's proposal and conferred on scoring.

Student teams developed several creative solutions involving topics from public awareness, developing an EAB management plan, budgeting and locating revenue, and strategies for working with private landowners. Every team proposal indicated comprehension of the content presented by Enroth and helped build critical thinking skills on a growing real-world problem of invasive species which will be faced by future generations.

Broadening Horticulture Impact Through Media

2016 saw the dawn of a new collaboration between Unit 10 (Chris Enroth) and Unit 14 (Kari Houle). Enroth was asked to contribute to a long-standing gardening column in partnership with horticulture educator, Kari Houle. Enroth was given the task of with developing a media distribution list

for his unit and adjacent media outlets. As a part-time contributor, Enroth and Houle alternated weekly submissions deadlines. In addition to being shared in print, Enroth's columns are often read during radio programs. The decision was made to include Chris Enroth's staff photo as a part of the columns header. As the result of his photo in each column, Enroth has been recognized multiple times in public by readers with positive comments and questions they have on a particular gardening topic. Writing this column has increased Enroth's contribution for the general media and brought Extension further into the public spotlight.

Enroth has also contributed to the bi-weekly publication, *Illinois Fruit & Vegetable News*. Enroth provides local updates for West-Central Illinois on weather, growing conditions, and pests observation. Enroth has also continued his regular contribution to the state *Garden Packet News Releases*, *Gardener's Corner* publication, *AGRI News*, and his blog, *Green Speak*. On average, Enroth writes over five articles per month, with August being the most prolific publishing twelve articles. Enroth also wrote, produced, filmed, edited and published seven YouTube videos, with a total of 748 views (as of Dec 16, 2016). Additionally, Enroth's lecture on *How to Kill Your Tree* was published on February 26, 2016, which currently, has 435 views on YouTube.

The monthly horticulture e-newsletter subscriptions rose from 171 in January 2016 to 251 by December 2016. The increase in subscribers has been due to targeted marketing of the newsletter at public events and farmers markets.

Statistics





Pollinator Workshop

A successful partnership between the University of Illinois Extension and Knox County Soil & Water yielded a highly praised program concerning pollinators. Extension educator Chris Enroth led the initiative to partner with the local conservation agency to meet and identify the need in the area of pollinator stewardship.

Enroth's role consisted of planning the event with Knox County Soil and Water and coordinating speakers for the event. Enroth assisted in promoting the program through a news release, online newsletter, email, and radio Interviews.

The program was developed as a workshop format. Three speakers were selected to deliver topics on:

- ▶ Pollinators in the Garden, (presented by Rhonda Brady), University of Illinois Extension Knox County Master Gardener
- ▶ Pollinator Habitat for Land Managers, (presented by Scott James), biologist with Pheasants Forever
- ▶ Creating Insect Hotels: A make-and-take, (presented by Kelly Allsup), Horticulture educator with University of Illinois Extension

The former topics address the needs of the diverse clientele that utilize both Extension and Soil & Water Conservation. From farmers to gardeners to educators, coordinators made sure to cover the expectations of the program audience.

A follow-up evaluation was developed and sent to the participants. Of the fifty-nine attendees, twenty-four submitted completed surveys. One series of questions asked participants to rate their BEFORE and AFTER knowledge on concepts involving pollinators. Participants indicated an average growth of 40% on topics dealing with Understanding, Knowledge, Awareness, Skill, and Abilities on issues dealing with pollinators.

When asked to list an action program attendees intend to take as a result of this program, at least twenty-three listed one action they intended to take as a consequence of this program.

All of the recorded responses were positive, recognizing the event coordinators and speakers on a job well-done.

Gardener's Day 2016

Gardener's Day is an annual event that has been a tradition for McDonough Master Gardener volunteers for more than 20 years. Those who attend this event come back every year excited to take in the information and expertise they have learned to expect. Most of our attendees register early and invite friends to join them. Each year during the fall and winter months, Master Gardeners pool the groups' resources to identify speakers, vendors, and prize donations from the community. In 2016 we had classes on pollinators, organic gardening, composting, growing hops, tree selection, succulents and more. Vendors sported their wares: from potted plants to handmade soaps and garden supplies. That morning, ninety-six participants walked through the doors of the Spoon River Macomb Community Outreach Center ready to learn. Gardener's Day consisted of twelve classes and was hosted by eighteen vendors. Comments from our event evaluations include "Topics were great!" "You had a great selection," "Excellent program!" and "I enjoy coming every year." Overall, by the end of the day, we had a satisfied audience ready to attend again in 2017.

Educating Community on the Risk of Mosquito-borne Illness

In 2016 a new mosquito-borne disease named Zika, began to make headlines locally, nationally, and internationally. With the news that Zika transmits easily through mosquitoes and causes a range of human health concerns: most notably-developed disabilities of an unborn human fetus. Alarm spread throughout the United States once cases of Zika virus transmission were confirmed in the continental United States.

As concern about a potential epidemic rose locally, University of Illinois Extension was poised to provide the public with research-based information on this new threat and actions the public could take to minimize their risk of exposure.

By employing a series of questions, the evaluation measured a 64.2% growth in knowledge and understanding of mosquitoes and mosquito-borne illness.

University of Illinois Extension horticulture educator, Chris Enroth, identified the need for greater mosquito education during various meetings with local stakeholders, Extension Council members, and residents within Henderson, Knox, McDonough, and Warren Counties.

Enroth built an effective program through partnerships with county health departments, and the Miller-Hunt Lab at Western Illinois University, where virology and vector biology of mosquitoes are thoroughly studied. Extension offered programs in Henderson, Knox, McDonough, and Warren Counties, with sessions held in Galesburg and Macomb.

Dr. Catherine Miller-Hunt and researchers from the Miller-Hunt lab gave a synopsis of the mosquito life cycle, the effects of various mosquito-borne illnesses (including Zika), and new invasive mosquito species that may be more efficient at transmitting viruses like Zika.

Representatives from the Knox and McDonough County Health Departments, Sam Jarvis (Knox) and Chris Adams (McDonough), gave updates on their respective agencies roles in combating mosquito-borne illness. Educator Chris Enroth finished the session instructing the steps citizens can take to manage mosquitos on their property and reduce the likelihood of being bitten.

Enroth developed a program assessment form and distributed it to participants following each session. By employing a series of questions, the evaluation measured a 64.2 percent growth in knowledge and understanding of mosquitoes and mosquito-borne illness. Additionally, participants remarked how they now feel comforted knowing there are actions they can take to reduce their risk of exposure to mosquitoes.

Snap-Ed

HENDERSON AND WARREN COUNTY PARTICIPATE IN ILLINOIS NUTRITION EDUCATION

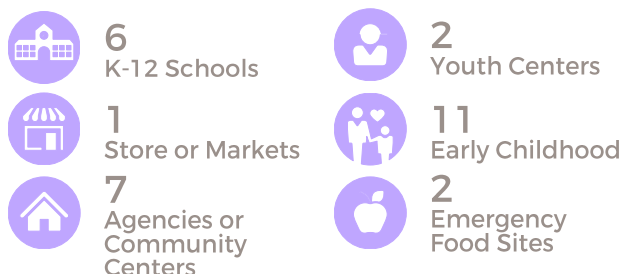
“When we are in the grocery store, my son looks for fruits and vegetables and wants to buy them.”
 “Mom, when I get home can I please eat a salad and an apple?” “I’ve never tried this before!” “I am shocked to learn how much sugar is in chocolate milk!”

Those were just a few of the comments made by parent and student participants of Snap-Ed programs in 2016. Intervention areas highlighted include K-12 Schools, Early Childhood, Emergency Food, and Food Retail. For Warren County 3,954 total contacts were made in the various intervention areas and in Henderson County 2,973. Pre-K and Head Start students participated in It’s Fun to Be Healthy in both counties. Kindergarten–1st grade classrooms in Henderson County were taught about health and wellness using the Organ Wise Guys curriculum. Adult programming in both counties included activity stations and appropriate curriculum materials.



- 72% Caucasian (1477)
- 22% African American (447)
- 6% Asian American, American Indian, or Pacific Islander (121)

Education Provided at the Following Site Types:



McDonough County

In McDonough County and in Macomb in particular SNAP Education is going very well. Every first Tuesday and Thursday of the month as well as every second Tuesday Ginny Knox, SNAP Educator/Community worker is at Lincoln Elementary School teaching the **Organ Wise Guys** series to, kindergarten, first and second graders. The total number of students is around 450. The lessons have included ways to eat more fruits and vegetables; and how to drink more water as well as the importance of hand washing. The students look forward to seeing Organ Wise guy Andy (the doll) each month as well as all of his organs who are plush-type characters and who help facilitate the learning of healthy living.

Every Wednesday at 9:30 and 1:30 Ginny Knox meets with clients at the Salvation Army to do activity stations or lessons from the **Eat Smart Be Active** series that is appropriate for this setting. Lively discussions often ensue and it has been rewarding for Ginny to meet with these groups. In a handful of meetings some clients have expressed their desire to change and follow the **Choose My Plate** guidelines or that they didn’t even realize that reading a label contains a lot of useful information!

Ginny has also attended an inter-agency meeting as well as the youth task force meeting and the summer feeding the kids program meeting to network and begin to think about and arrange the **Illinois Junior Chefs** program. McDonough’s **Big Brothers Big Sisters** as well as the organization, **Genesis Garden** are spearheading these programs and have invited Extension and SNAP education in particular to participate. Ginny is hoping to include 4-H members as cooking instructors so that more students can be taught at one time. This is how one aspect of **Illinois Junior Chefs** is implemented and so having a cache of kids who are already together in one location will mean that most of the hard work is already done. Ginny is looking forward to this since last summer the program was in its inception (or, at least it was newly named and the 4-H students inclusion was new) and she was a newly hired part-timer and therefore running the cooking schools wasn’t something that was available to her. Now she is excited to make this happen this summer!



Cara Allen, Family Life educator, demonstrates an activity for a brain health class

Wits Fitness Brain Health

The population of America continues to age, and the counties of Unit 10 follow that trend!

According to census data (updated in 2015), 18.3% of the population of Henderson, Knox, McDonough, and Knox counties is 65 years of age or older. With increasing age comes the risk of chronic diseases, including Alzheimer's. In fact, currently 1 person develops this disease every 67 seconds, and by 2050 this rate will double, so that someone will develop Alzheimer's every 33 seconds.

There is mounting evidence that people can adopt healthy behaviors to enhance mental performance and potentially delay the onset of cognitive decline. One of these healthy behaviors is to challenge oneself with novel and increasingly difficult mental tasks.

To this end, Cara Allen, Family Life educator offers monthly Wits Fitness classes. Each session contains an educational piece that reviews an article or a resource related to brain health to help maintain and enhance cognitive function and memory. These activities can range from a contest of building the tallest tower from newspaper

and masking tape to a reminiscence of a school trip to writing a story that requires the use of 10 homonyms! In addition, all attendees are given homework activities to complete between sessions.

In 2016, thirty-three sessions were offered throughout Unit 10. Program evaluations were completed three times throughout the year. Participants were asked to report on their knowledge before and after participation in Wits Fitness in three areas. The items, and the percentage of increase from participation in the program are:

- ▶ Understanding of life style choices that can affect brain health and function. (44% increase)
- ▶ Awareness of memory strategies and techniques (62%)
- ▶ Skill level of using self-identified techniques or lifestyle choices to contribute to my brain health (65%)

Another component of the program evaluation was for attendees to list one action that they intend to take as a result of this program, as well as to identify the most important thing(s) learned. 88% of participants listed at least one action and 77% identified the most important thing.

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If you need a reasonable accommodation to participate in any program, please contact the county Extension Office.

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