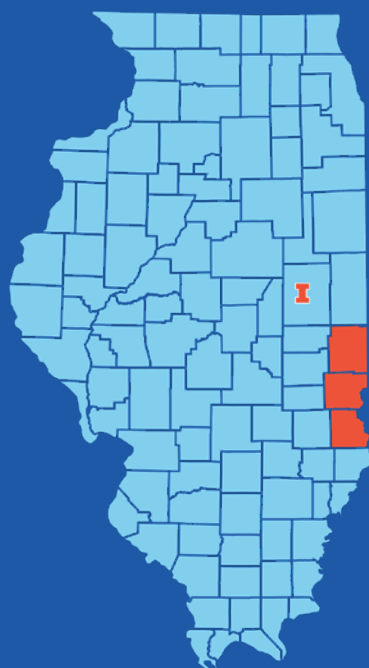






# Illinois Extension

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 Message from the County Director

In late 2019, University of Illinois Extension announced the annual financial impact of its programs across the state. Valued at over \$603 million, about 10 times Extension's annual budget, our programs are meeting needs in our communities and providing substantial economic benefits.

As county Extension director in Clark, Crawford, and Edgar counties, it is my job to make sure our programs serve you, regardless of the challenges we may face — and 2020 definitely brought some challenges. Like you, the staff at Illinois Extension expected the initial stay-at-home order to be for a short time. Once we realized this was not the case, staff immediately shifted their focus from in-person programming to digital education that was then shared locally and beyond.

Extension has always stated that its greatest resource is its people and I believe that to be more accurate now than ever before. The 15 staff in our unit transformed their home offices, dining room tables, and living room sofas into their work spaces. Rather than setting up tables and chairs in meeting rooms, conducting education through Zoom became the norm. Even with the operational shift, Extension remains dedicated to providing quality educational programs and research-based information to our communities.

This report highlights the successes we experienced in 2020 and focuses on some of the programs and activities our local educators and staff conducted in person prior to the pandemic, or while working remotely.

A special thank you to our stakeholders and supporters. We invite you to partner with us as we continue to improve the lives of everyone in our communities.

Stacy Woodyard  
County Extension Director



Impact At-a-Glance



15 Staff



1,815 Social Media Posts



312,186 Social Media Reach



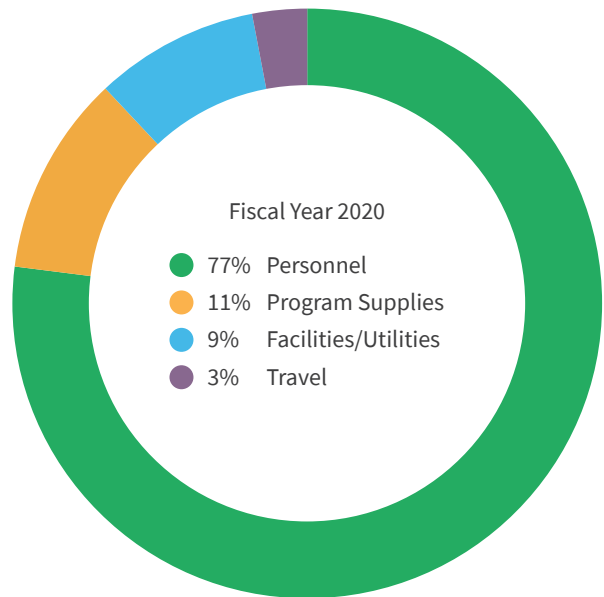
156 Press Releases



41,704 Digital Newsletters

### Hooking Audiences in a Sea of Virtual Content

In a year when everyone went virtual due to COVID-19, the Illinois Extension educators in Clark, Crawford, and Edgar counties reinvented themselves to stand out among the myriad of online resources available to their communities.



Illinois Extension serving Clark, Crawford, and Edgar counties is funded through a combination of federal dollars (39%), state dollars (20%), and local dollars (41%), which are returned to the community through educational programming.

#### Supplemental Nutrition Assistance Program

Federal Revenue	\$130,772
Personnel	\$96,114
Programming & Training	\$6,000
Equipment & Supplies	\$10,960
Travel	\$4,715
Indirect Costs	\$10,983
Miscellaneous	\$2,000



983 Youth Enrolled in a 4-H Club  
 35 First Year 4-Hers  
 118 Adult 4-H Volunteers  
 1,320 Youth Who Participated in Any Type of 4-H Program

Still the largest out-of-school youth organization in Illinois, 4-H challenges youth to learn by doing with fun, hands-on activities that teach skills for living.



Mary Liz Wright showing youth her garden during the 2020 Illinois Summer Reading Program.

## Educators Rise to the Challenge

In response to the stay-at-home order, the family and consumer science team (consisting of nutrition and wellness, family life, and consumer economics educators) created an abundance of digital options for consumers.

Within days of the order, the team was hard at work developing pertinent fact sheets, blog entries, and webinars. They responded to requests and made sure their material was timely and practical.

Their content received 16,895 hits in the first few months, proving their efforts were worthwhile.

As a member of the six-person statewide nutrition and wellness team, Extension Educator Mary Liz Wright was instrumental in creating several webinar series, including Managing Diabetes in a Modern World, Fill Your Pantry, Health at Home, and Health at Home: Holiday. Participants ranged from 50 to 300 per session.

Mary Liz Wright was at the forefront of the herculean effort to digitize programming.

While the statewide reach of online programming was exciting, Wright was pleased too see a number of local participants in the webinar audiences, as well. Like all educators, she maintained service and outreach to local individuals and groups as a priority.

Unable to meet in person with organizations such as Horizon Health Employee Wellness Program, ERBA Head Start Parent Group, Paris District 95 Birth to Three Program, and ACES Family Academies, Wright recorded several of her educational sessions and shared the videos with these groups instead.

She also recorded videos for local libraries to use in their summer reading programs.



Visit [go.illinois.edu/nutritionandwellness](https://go.illinois.edu/nutritionandwellness)





## Virtual Veggie Cakes: Healthy and Fun

“Dig Deeper: Read, Investigate, Discover!” was the theme for this year’s Illinois Summer Reading Program.

Extension Educator Mary Liz Wright has been a summer reading programming staple at several local libraries in past years and she wasn’t about to let 2020 change that.

Wright, with the help of fellow Extension Educator Susan Sloop, created “Dig Into the Garden: Let’s Make Veggie Cakes!” The video invited viewers to cook along with Wright. Participating families picked up packets containing recipes and other pertinent information from the library several days prior to viewing the video.

Wright gave viewers a tour of her home garden, harvested a few vegetables, then proceeded to her kitchen to prepare veggie cakes.

Participants learned where vegetables come from and what they look like growing in the garden. Wright shared food safety tips, both in the garden and in the kitchen. Viewers learned how to measure ingredients and grate vegetables, the different techniques used to measure wet and dry ingredients, how to make brown sugar, and how to cook pancakes properly. Wright also shared how to make homemade applesauce as a healthy topping for the veggie cakes.

The video had 130 viewers and many of them cooked along, having fun while learning practical skills in the garden and kitchen.



Mary Liz Wright demonstrates how to prepare veggie cakes using produce just picked in her garden.



“The girls enjoyed making veggie cake masterpieces!”  
- GRANDPARENT OF SUMMER READING PARTICIPANTS

What’s Cooking with Mary Liz Wright receives over 1,000 views per month on YouTube.

## Social Media Reach Swells, Exceeds Expectations

In 2020, the public needed access to timely and reliable information, not just about the pandemic, but topics impacting everyday life, as well. Tips and updates in areas such as cooking, nutrition, and health were important and of interest throughout the year.

Family and consumer science social media posts achieved unprecedented reach in 2020. Posts linking to fact sheets and blogs, created by Extension educators like Wright and covering topics such as cooking for one or two, what to eat when you’re not feeling well, meatless choices, food budgeting, taking your kitchen appliances out for a spin, creating family meals, and holiday-themed tips all proved extremely popular with Facebook audiences.

One tip sheet on understanding food package dates received over 18,000 views!



Visit [go.illinois.edu/nutritionandwellness](http://go.illinois.edu/nutritionandwellness)



# 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!



Our 4-H Clubs remained resilient with more than:

- 20,500 Club Members
- 1,900 Clubs
- 3,400 Adult Volunteers
- 2,000 Youth Volunteers



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



Your Thoughts Matter provided youth with a safe place to talk about mental health issues.

## 4-H Club Addresses Anxiety, Stress, and Depression

Teens have experienced increased anxiety, stress, and depression throughout the pandemic, according to a Harris Poll conducted by the national 4-H organization. University of Illinois Extension offered support for youth struggling with these issues and provided a safe place to talk about mental health with family and friends through Your Thoughts Matter, a six-part online series.

“We need to be advocates for teen mental health and be willing to listen to what they are feeling,” said Susan Sloop, 4-H youth development educator and moderator for the sessions.

The program was very deliberately structured as a 4-H Special Interest Club, which Sloop said allowed youth who are interested in a certain topic to engage in a very concentrated way. Using the experiential learning model, youth were able to share, process, generalize, and ultimately apply what they learned in a culminating activity.

The online platform allowed more youth to participate across the state, though Sloop admits there were also disadvantages to an online-only format. “You can lose the nonverbal communication and energy you gain from being in a room with others,” Sloop said. “That’s hard to replicate, but youth are already familiar with communicating in a virtual world.”





“Your Thoughts Matter: Navigating Mental Health,” was written by Jami Dellifield and Amanda Raines, Ohio State Extension, to equip teens with a basic understanding of their own mental health. The COVID-19 pandemic increased that need, exacerbating existing mental health issues and introducing a whole host of new challenges and obstacles for teens to navigate.

“While we understand that teens experienced mental health issues prior to the pandemic, it is important to note that the Harris Poll survey was conducted during the COVID pandemic,” said Sloop. “Teens were isolated from friends, navigating virtual learning, and dealing with the loss of milestone events, such as prom and graduation.” Understandably, this would have increased participants’ anxiety levels.

The survey revealed separation from family and friends during COVID to be the greatest stressor for teens, with 61% of respondents indicating they had increased feelings of loneliness and 64% saying COVID will have a lasting impact on their generation’s mental health.

“Providing youth a safe place to share their emotions and being a source of support can go a long way,” said Sloop. “Positive adult-youth relationships build resilience and can be a game changer for many teens who are experiencing adversity and trauma.”



4-H Youth Educator Susan Sloop reads to Mindful Me participants virtually from the Marshall Public Library.



Some of the items shared with participants during archaeology lessons, part of the summer reading programs at Marshall Public Library and Paris Public Library.

Illinois Extension stepped up to the challenge and did not let COVID-19 stop them from providing quality education via live streaming during the library’s summer reading program.

ALYSON THOMPSON, LIBRARY DIRECTOR

### Virtual Programs Reach Far Beyond Illinois

Extension Educator Susan Sloop admits that reaching people during the pandemic was a challenge, but one that proved beneficial in some ways. She discovered her programs reached well beyond Illinois when she had a young participant from Delhi, India join her every week during the Mindful Me series.

According to Mindful Me authors Anne Iaccopucci, Katherine Soule, and Kendra Lewis, the overall program aims to promote mindful practices that lead to improvements in managing one’s own goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices.

Sloop also taught virtual archaeology lessons from the library as part of their summer reading programs. Prior to each lesson, participants were given a list of materials needed for the activities. They made their own hieroglyphs, a model of Stonehenge with crackers, and a time capsule.



Visit [go.illinois.edu/cce4H](http://go.illinois.edu/cce4H)





Clark County 4-H members Colin Perron and Rachel Morris, both 13, installed boot-brushing stations at Lincoln Trail State Park.

# 4-H Service Project Brushes Off Invasives

In 1830, a young Abraham Lincoln traveled from Indiana with his family to settle in Illinois. Almost two centuries later, new young leaders are following in his footsteps by preserving the state’s natural legacy at his namesake park.

Clark County 4-H members Colin Perron and Rachel Morris put their hands to higher service by installing boot-brushing stations at Lincoln Trail State Park to help keep out invasive species. “Colin and Rachel share a love for nature and interacting with nature in responsible and respectful ways,” said Tresa Morris, Clark County 4-H club leader and shooting sports coordinator. “This community service project was perfect for the two of them!”

In September, the Morton Arboretum, in partnership with Play, Clean, Go, put out a statewide call for volunteer groups to install stations at pre-selected, at-risk sites. Morris noticed the nearby 1,023-acre Lincoln Trail State Park was on the list and got to work.

Hikers can use boot-brushing stations to remove plant materials from their footwear before and after moving through natural areas, reducing the risk of moving invasive species seeds.

Colin and Rachel met with Tom Hintz, the park’s site superintendent, on October 31 to install boot-brushing stations at two trailheads, leaving room for a sign with instructions and information about invasive species.

One of the goals of the Illinois 4-H Shooting Sports program is to instill a love of outdoor sportsmanship and conservation, while teaching safe and responsible handling and use of firearms.

“Installing boot brush stations is a win-win service project,” said Curt Sinclair, Extension specialist in 4-H shooting sports and environmental education. “They are really effective at helping control the spread of non-native species and it raises awareness for our youth members and for everyone who uses that trail.” Looking ahead, Hintz and Morris plan to grow the partnership by coordinating programs that get youth outside and learning about natural resources.



Visit [go.illinois.edu/cce4H](http://go.illinois.edu/cce4H)





## SPIN Clubs Key to Community Involvement

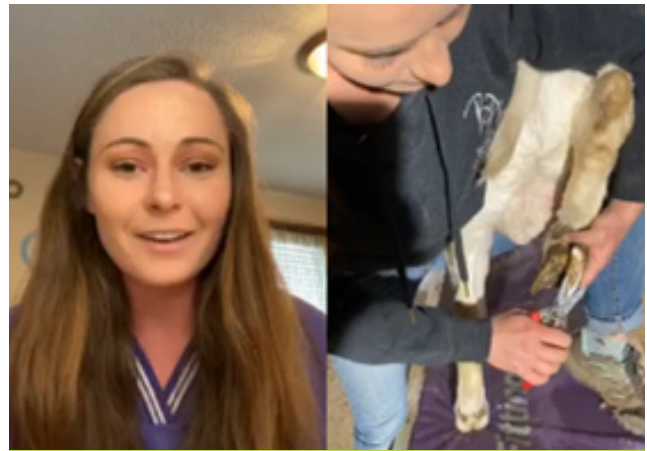
4-H is for all kids, no matter their background, interests, or schedule. Hosting programs in the schools that provide a positive environment and hands-on activities using the 4-H curriculum is one of the ways the 4-H community meets youth where they are. When those programs are paired with community members from local businesses, everybody wins.

When Jessica Sisil, Palestine Grade School principal, was approached by 4-H Program Coordinator April Knoblett about an afterschool program focusing on science, technology, engineering, and math, she was 100% on board. Around the same time, Marathon, the local oil refinery company, wanted to establish a STEM group that would allow their engineers to connect and share their trade with youth in the community. By combining these two efforts, an amazing afterschool STEM SPIN club was formed.

Before the pandemic hit, 12 students had taken advantage of this opportunity. Knoblett’s goal is to convert this club to a virtual platform and create additional SPIN clubs to meet the interests of even more students throughout the year.



A member of the Crawford County STEM SPIN club uses learned techniques to build a strong jelly bean house.



Bailey Bergherm, host of the online goat clinic, talks directly to participants, then transitions into a hands-on demonstration during a Facebook Live event.

Having the goat clinic online allows viewers to refer back to the video at any time, and it reaches a larger audience.

BAILEY BERGHERM

## Challenges of Teaching Virtually Are Worth It

Having shown goats since 2003, Bailey Bergherm is no stranger to being in front of a live audience. As the owner of BAB Boer Goats, she manages the day-to-day work of raising her herd, while also doing custom livestock fitting, photography, and evaluating as an ABGA certified judge.

Her goat clinic, originally scheduled as an in-person event at the Edgar County Fairgrounds with nearly 60 registered participants, was transitioned to a series of videos streamed via Facebook Live, which increased the reach to over 6,000 views!

One of the main challenges she faced in the virtual format was simply not having enough hands — hands to hold the camera, hands to hold a goat, and hands to type on the computer or cell phone, monitoring and responding to participant questions.

Bergherm felt that overcoming those obstacles to continue providing education, especially to a youth audience, was completely worthwhile.

“The youth are our future, and it is important to share my knowledge with the next generation,” said Bergherm.



Visit [go.illinois.edu/cce4H](http://go.illinois.edu/cce4H)



## Exploring Entrepreneurship in the New Normal

When a program is still going strong after five years, it has clearly reached the participants in meaningful ways. University of Illinois Extension Educator Tiffany Macke has been collaborating with the Crawford County Entrepreneurial Opportunities program since its inception.

One of the staples of Macke’s programming is the Real Colors training that helps students better understand their character traits. In 2017, she added the iDREAM inventory experience, giving participants a starting point for dream realization. Recently, an iCREATE entrepreneurial mindset activity was included to increase critical thinking skills.

“These experiences are vital for our students in getting them to think like an entrepreneur,” said Tyler Woods, Clark County CEO instructor.

Macke plans to continue the six-part iDREAM series in the spring of 2021, with the goal of completing it before the end of the year.



Tiffany Macke presents the Real Colors program to Crawford County CEO students.



## LGE Local Government Education

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](https://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](https://go.illinois.edu/leadershipacademy)

## Statewide Webinar Reach



37  
Webinars in 2020



1,706  
Reached In Community Involvement and Leadership Webinars



926  
Reached in Diversity, Equity, and Inclusion Webinars



5,182  
Reached in Economic and Financial Stability Webinars



1,115  
Reached in Community Resiliency Webinars

*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>



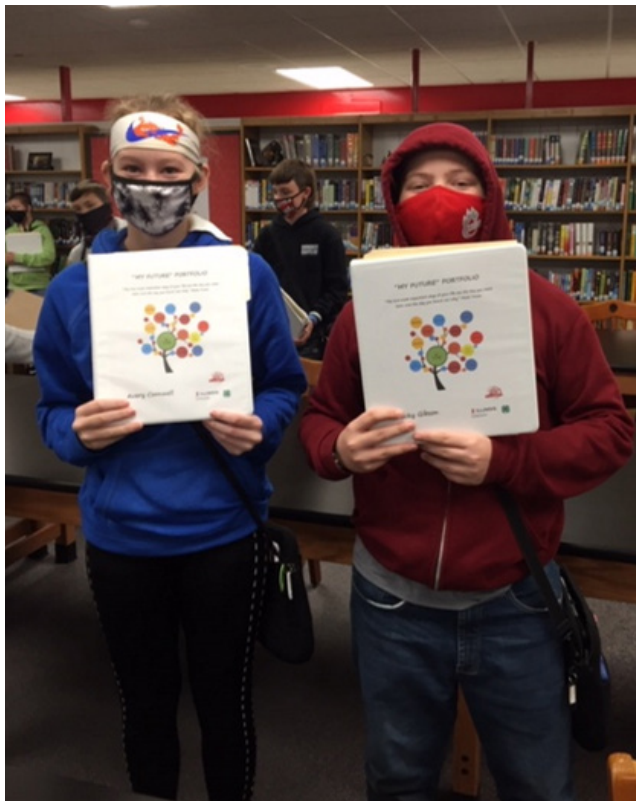


## COVID Won't Keep Us From Dreaming

While COVID-19 disrupted many aspects of our lives in 2020, it did not keep us from dreaming. Normally conducted in person, the six-part Dare to Dream program for adults was transitioned into a virtual series. The University of Illinois at Urbana-Champaign's Wellness Center had over a dozen employees eager to take part in this virtual pilot and, due to its success, has requested the series again in 2021.

The iDREAM program at Marshall Schools was another successful transition. Rather than conducting in-person sessions, the community members of the Marshall Dream Team redesigned the activity to include Zoom interviews with all high school senior participants. The new virtual components will become a permanent part of the program even after in-person school resumes.

Extension Educator Tiffany Macke and Marshall seventh grade teacher Carrie Miller were pleased to learn how much their students had retained from their fifth grade sessions of the iCREATE program. The students even requested sessions they missed during their sixth grade year due to COVID-19. When middle schoolers request additional lessons, you know you're doing something right!



Avery Cornwell and Ricky Gibson, Marshall seventh graders, show off their iCREATE binders.



Members of the Clark County National Road Trails Committee met outdoors where they could socially distance while continuing to work on the project.

Macke's excitement and vision of the trail keeps our team engaged and focused on our goals for our community.

JIM BOLIN, NATIONAL ROAD TRAIL SYSTEM

## Building a Trail One Step at a Time

The National Road Trail System has a vision to create a multi-use trail system to foster health and wellness, tourism, and economic development in Clark County. University of Illinois Extension Educator Tiffany Macke is aiding the project by setting up a fund for donations, updating their plan, expanding resources, and researching grants.

With Macke's guidance and expertise, the National Road Trail System has been recognized as a working committee under the Clark County Board. This is a major step that will help to open new doors for the project on state and federal levels.

Find more information about the National Road Trail System on their Facebook page.



Visit [go.illinois.edu/C-E-D](http://go.illinois.edu/C-E-D)



## Keeping Gardening at Home in 2020

The average age of Master Gardener and Master Naturalist volunteers meant these groups were in a demographic especially vulnerable to the COVID-19 pandemic. This made safety precautions, like social distancing, an absolute must for agriculture and natural resource programming in Clark, Crawford, and Edgar counties this year.

Many volunteers spent time tending to their own gardens in 2020, and they weren't alone. Interest in gardening was up 43% according to a survey conducted by Axiom Marketing, a Minnesota-based firm. To meet this growing need, while keeping volunteers and participants safe, Extension provided opportunities for small groups, virtual education, and remote information-sharing for farmers, gardeners, and naturalists.

In a socially-distanced, outdoor meeting of Master Gardeners, local members were treated to a floral demonstration using flowers and other materials from the home of Steven and Kim Trine.

Jan Phipps continued to write a monthly news column with suggestions for improving one's own garden. This informative Master Gardener series is published in multiple newspapers in Clark, Crawford, and Edgar counties, as well as Vigo County, Indiana. It is also distributed via social media and published on the Illinois Extension website.

Extension Master Gardeners donate approximately 3,500 hours each year, while Master Naturalists donate another 302,000 hours annually.



Master Gardeners met pre-pandemic to assemble door prizes for the highly anticipated April in Paris, which transitioned into an online event.



Master Gardeners Steve Trine and Teresa Vrzina at an outdoor, socially-distanced meeting during the summer of 2020.

The Master Gardeners and Master Naturalists set an example of observing social distancing by tending to their own gardens in 2020.

## Ag and Horticulture Highlights

At the beginning of 2020, Illinois Extension responded to the signing of the Illinois Hemp Bill by providing a workshop on the basics of growing industrial hemp in Clark County. Recognizing that this versatile crop has the potential to empower small farmers and to revitalize farming communities, many signed up to participate.

Even though they were unable to host an in-person gardening workshop, Master Gardeners turned the annual April in Paris event into a free webinar hosted by one of the original speakers, Diane Plewa. Illinois and Indiana Master Gardeners were able to receive continuing education credit for attending this virtual program.



Visit [go.illinois.AgNaturalResources](https://go.illinois.AgNaturalResources)










### 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

*First grade students at Memorial Elementary School in Paris shared changes they had made as a result of lessons about healthy choices from SNAP-Ed. These included drinking more milk, eating a healthy breakfast, drinking water, doing push-ups and eating an apple!*

- Tammy Evans, SNAP-Ed community worker

#### SNAP-Ed Community Partnerships

-  3 K-12 Schools
-  9 Early Childhood
-  2 Store or Markets
-  8 Agencies or Community Centers
-  12 Emergency Food Sites



Tammy Evans (pictured left), SNAP-Ed community worker, teaches a program to preschoolers online. Hope Dennis (pictured above), SNAP-Ed community worker, conducts continuing education from her home office.

## We want broccoli and cauliflower!

### PRESCHOOLERS AFTER IN-PERSON TASTE TEST

#### SNAP-Ed Inspires Healthy Choices

Early in 2020, Tammy Evans and Hope Dennis, SNAP-Ed community workers, were able to make their regular direct education visits to area schools, early education centers, and health departments. During these visits, they were able to teach youth and their families how to make healthy nutritional and physical activity choices using the OrganWise Guys, Color Me Healthy, and MyPlate for My Family programs.

One of the year's highlights for Evans happened early on, during one of her in-person visits to the Creative Center for Children in Paris. As part of the Color Me Healthy program, Evans conducted a veggie taste test with the class. When she returned to the center for the afternoon session, teachers reported that the morning class asked for more broccoli and cauliflower at snack time. Getting kids to eat their vegetables is always a success!

Later in the year, education had to transition to more indirect activities, but educators continued providing valuable information to the community through newsletters, emails, and social media.



Visit [go.illinois.edu/SNAPEd](http://go.illinois.edu/SNAPEd)



### CREATIVE AWARDS CEREMONIES

4-Hers in Clark, Crawford, and Edgar counties always look forward to the end of the year when they are acknowledged for their hard work. Just like most events in 2020, the awards ceremonies needed to convert to a socially-distanced format, but Extension kept it meaningful and memorable. Each county held drive-through events allowing families to pull up and receive their hard-earned accolades.



### LOCAL PROGRAMS REACH ACROSS THE STATE

Educators in all program areas quickly adapted to providing virtual content, both live and recorded. It turns out, they're pretty good at it! Our educators discovered their audiences were often from all across the state, in addition to locals who would have dropped in for a class at the library or senior center.



Recorded webinars are available at [go.illinois.edu/WebinarsOnline](http://go.illinois.edu/WebinarsOnline)

### 4-H YOUTH REWARDED FOR EFFORTS WITH COMMEMORATIVE T-SHIRT

"This year has been a challenge in many ways," said Susan Sloop, 4-H youth development educator. Knowing 4-H members were going to be disappointed about not being able to show in person at 4-H fairs due to COVID-19, 4-H program coordinators in each of the three counties held a t-shirt design contest to commemorate this unique year.

"This was just one of the ways we tried to help our 4-Hers feel connected during a time when we all felt very disconnected," said Sloop. 4-Hers were asked to submit t-shirt design entries via Facebook, making sure the design highlighted the virtual fair event, which was conducted completely online.



### CONTINUING EDUCATION FROM AFAR

Nearly 700 Extension employees live and work in all 102 Illinois counties. The 2020 Extension Annual Conference, held virtually on November 18-19, provided our staff with continuing education opportunities in the areas of communications, IT, human resources, program planning and evaluation, design thinking, health and wellness, inclusion, and updates on the Extension and Public Engagement Connection Center. All staff were able to participate this year, due to the virtual nature of the program.





Stacy Woodyard  
County Director



Tiffany Macke  
Educator, Community &  
Economic Development



Susan Sloop  
Educator  
4-H Youth Development



Mary Liz Wright  
Educator  
Nutrition & Wellness



Cartha Gustafson  
Coordinator, Clark Co.  
4-H Youth Development



April Knoblett  
Coordinator, Crawford  
Co.  
4-H Youth Development



Maria Crandell  
Coordinator, Edgar Co.  
4-H Youth Development

Extension Council
Rob Angus
Stephen Boyer
Mallory Cook
Abbey Furlong
Bev Goekler
Troy Hickey
Bailey Maulding
Randy Allen Peterson
Dallas Richardson
Hailey Sanders
Cindy Spencer
Reuben Stence
Alison Williams



Kim Trine  
Coordinator  
Ag & Natural Resources



Hope Dennis  
Community Worker  
SNAP-Ed



Tammy Evans  
Community Worker  
SNAP-Ed



Darra Walker  
Associate,  
Promotions & Publicity



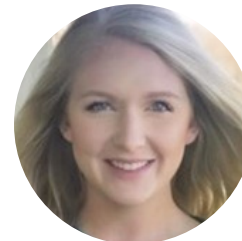
Summer Walker  
Specialist  
Office Support



Rebecca Schiver  
Associate  
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Tiffany Cervantes  
Assistant  
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Maisie McClure  
Assistant  
Office Support

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### Crawford County Extension

216 S. Cross  
Robinson, IL 62454  
(618) 546-1549  
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### Edgar County Extension

210 W. Washington St.  
Paris, IL 61944  
(217) 465-8585  
Mon. - Fri., 8 a.m. - 4:30 p.m.

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## ONLINE



Facebook.com/uiextensioncce



@ILExtensionCCE



What's Cooking with Mary Liz Wright

Cover photos: (top left) Mary Liz Wright, nutrition and wellness educator, gives youth a virtual tour of her garden during a summer reading program; (top right) a youth participant follows along with Mary Liz on her garden tour; (bottom) Cartha Gustafson, 4-H program coordinator, greets youth during a drive-through awards ceremony.

# 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.