

CHRISTIAN COUNTY PROGRAM HIGHLIGHTS

May 2009

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4-H Show Time is Here!

The 4-H show season officially started with the Public Presentations Contest in late May. Public Presentations is often overlooked as a project area in 4-H, but it is one of the most rewarding, character building projects offered.

Building public speaking skills at an early age is a life skill that will serve 4-H'ers in any career they pursue. Because public speaking includes a wide variety of styles and is a skill that must be practiced and refined, 4-H members are required to give a talk or demonstration each

year at their club level.

The extemporaneous topic this year, "Smoking Ban in Public Places," was presented by Kenzie Reber; the formal speech on "Guide Dogs & Their History," was presented by Hannah Cornell; Oral Interpretation speeches were performed by Felicity Witt; Naomi Brookens; and Cameron Harmon, providing a lot of entertainment. "Strangles in Horses," presented by Sarah Campbell and "Why Did the Lights Go Out," performed by Daniel

Cornell were very informative illustrated speeches.

In other news, 6 goats and 3 sheep wethers were tattooed in preparation for the Christian County 4-H fair. We are off to a great start for a fun summer season.



Public Presentation Participants—Nichole Schmedeke, Cameron Harmon; Daniel Cornell; Hannah Cornell; Felicity Witt; Naomi Brookens; and Sarah Campbell

Christian County Students Bite Into Strawberries

In May, students from throughout Christian County were treated to a lesson on every kid's favorite fruit, strawberries. They studied a strawberry plant brought into the classroom and learned about the parts of the plant, what nutrients strawberries need to grow, and finished by making a berry bucket. After completing the bucket, the students

placed items inside the container to represent the roots, leaves and flowers of the plant. Students also learned the importance of straw in the strawberry production, and in turn, placed some straw in their buckets. As they placed the items, they discussed these plant parts and what they contribute.

After learning so much about strawberries, the

hungry students had a chance to sample some of the delicious spring fruit.



Ms. Reiser's 1st grade class at West Elementary School working on their strawberry bucket.

“Fitness & Food ... Fact Or Fiction?”

University of Illinois Extension offers educational programs to residents of Illinois—and far beyond. Extension’s programs are aimed at making life better, healthier, safer and more profitable for individuals and their communities.

May Contacts:

AGRICULTURE—

80 crop system and livestock recommendations were made to Christian County producers.

HORTICULTURE—

75 plant, plant disease, insect identification and horticulture specific recommendations were provided to Christian County residents.

ECON. DEVELOPMENT—

8 contacts

4-H—

245 youth contacts

FNP—

1,473 program contacts

AG LITERACY—

828 program contacts

We’re on the Web!

www.extension.uiuc.edu/christian

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Did you know that weight bearing exercise helps our bodies absorb calcium, which results in stronger bones? Did you also know that it takes 90 minutes of regular physical exercise to lose weight?

Maintaining health throughout life is a concern for most Americans and understanding the relationship between fitness and food and how it affects our health is an important part of wellness.

We need to maintain

wellness throughout our lives in order to have more energy, more endurance, more restful sleep, more confidence, less illness, and a feeling of relaxation.

The "Fitness and Food –Fact or Fiction" program on May 21 helped participants better understand the new MyPyramid and Dietary Guidelines prescribed by the USDA.

Jananne Finck, U of I Extension Nutrition and Wellness Educator, explained that every

time we add on a pound we have consumed an additional 3,500 calories. Therefore, it means that in order to lose one pound of weight in one week, we have to consume 500 fewer calories each day for a week.



Jananne Finck, UI Extension Nutrition and Wellness Educator

Plant Problems – What to do about it?

Throughout the summer, local Master Gardeners will help identify plant diseases, pests, and deficiencies each Monday afternoon from 1:00– 3:00 p.m. at the U of I Extension Christian County office. This is the time of year that between problems in the lawn, the garden, and the farmer’s fields, we

can be nearly overrun with samples to inspect, identify, and remedy.

Local Extension staff along with the help of Master Gardeners will commonly provide over 350 home horticulture recommendations in a single month when plants are growing and insects are crawling.



Pictured is “peach-leaf curl”, an overwintering foliar fungal disease. Proper preventative use of compounds with fungicidal properties is the best way to keep the disease from developing.

Making "Quick Soups" With The Oldies

Even though the Stonington Senior's group selected the name "Dogpatch Oldies" when they first joined together in 1999 to meet monthly in the Stonington Firehouse, this group doesn't act old as they work to keep up with the times.

In our busy daily lives we need ideas for quick, but healthy meals that taste good. Nancy

Briggs, Extension Family Nutrition Program Coordinator for the U of I Extension Christian County, provided recipes and some samples of quick and easy soup recipes: Au Gratin Cheese soup and Vegetable Noodle soup, which have very few ingredients and involve only a few steps to prepare.



Seated in the front row from left to right are Wanda Evey, Vera Thomason and Helen Porter. In the back row Gerry Beaty, Gig Letcher and Genova McChristy.