

Program Accomplishments

University of Illinois Extension
Madison-St. Clair Unit
May - June 2009

Community Development

- The seeds of the Highland farmer's market were planted by a local committee led by the Highland Chamber of Commerce with Extension serving on this committee for technical assistance. The first harvest experienced on opening day, June 4 brought the whole community something to enjoy.



The first annual **Highland Market und Mehr: Farmer and Artisan Market** runs 4-8 p.m. at Lindendale Park featuring vendor-grown vegetables, fruits, flowers, and specialty items as well as the work of artisans. The market runs every Thursday through October 8.

Bringing agriculture closer to home, economic development expansion, a safe and adequate food supply, along with quality nutritional resources, a farmer's market is a reflection of the work of Extension. Through these local food outlets, community is strengthened through the interaction of those attending in a relaxed and safe atmosphere. It's an opportunity for families to interact with local producers sharing their agricultural experience.



As the featured demonstrator of the week, Carol Schlitt, nutrition and wellness educator provided 5 demonstrations showing how to easily blanch and peel tomatoes on July 2. Anticipating the excitement of the first tomatoes, Carol also made a fresh tomato bruschetta with basil.

Consumer and Family Sciences

Lowering Fat, Sugar and Salt in Diet

- Eight local dietitians joined us for a stimulating session on the latest dietary **recommendations for diabetics**. Karen Chapman-Novakofski, University of Illinois professor of nutrition, discussed the American Diabetics Association Clinical Practice Guidelines. After a brief explanation of how these guidelines are developed, Chapman-Novakofski

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discussed the medical nutrition management recommendations and the strength of those recommendations in terms of evidence-based science. These were compared to other professional organization's guidelines including the American Dietetic Association and the American Association of Endocrinologist's guidelines. Finally, highlights of other new recommendations from the 2009 clinical guidelines were reviewed. This session was the second in a three-part series co-sponsored by University of Illinois Extension.

- A nutrition topic of timely interest—the potential role of **Mediterranean-type diets** in correcting some metabolic conditions characteristic of metabolic syndrome—brought dietitians, nurses, and other interested health care professionals to a training session.

Robert J. Reber, U of I Extension specialist in the Department of Food Science and Human Nutrition, discussed the evolving thinking about a group of metabolic conditions called metabolic syndrome. This syndrome often precedes the development of type 2 diabetes and other cardiovascular diseases. Reber reviewed current research that suggests Mediterranean-type diets hold promise of preventing and/or reversing several of these metabolic conditions. The diet's effects may occur because of the macronutrient and micronutrient content as well as the phytochemicals these diets contain.

- *Katrina Anderson knew how to cook, but unfortunately they were recipes her mother had taught her. As a diabetic, Anderson, of Brooklyn, needed to learn something new. I'm having problems with my (blood) sugar right now, she said. I have my old-time recipes from my mom. Fried, a lot of butter, shortening and lard- soul food. (By Scott Cousins for Suburban Journals)*

Anderson and about a dozen others spent a portion of three days learning a new way to prepare food in **Dining with Diabetes**, held at Coordinated Youth's Madison Avenue building in Granite City and taught by Carol Schlitt, U of I extension educator, nutrition and wellness.

I love it, I'm learning a lot, Anderson said. A lot of great information and recipes. Most of the others in the class had a similar story. The recipes are on-line at urbanext.illinois.edu/diabetesrecipes.

- The **City of Collinsville** introduced a new tradition with an **Annual Health Fair** for all employees. This opportunity for employees to engage in health and wellness activities gave recognition to the importance of a healthy lifestyle on the job and in their personal life. University of Illinois Extension emphasized the amount of sugar consumed when drinking soft drinks while offering healthy alternatives.
- Between meal food should be just as healthy as foods found in regular meals. Volunteers who received training in **Healthy Snacking at Any Age** shared their knowledge through presentations for 130 others in May. Major points stressed included choosing healthy purchased snacks, making your own good snacks, and the importance of portion sizes in addition to planning for snacks.
- The **Family Nutrition Program** serves lower income families in the area teaching food budgeting, food safety, and healthy meals. In May 2,555 individuals participated in the two county area with an additional 11,346 receiving educational information through educational fact sheets. Whole grains, the featured topic for May explained that at least half of the grains we eat should be whole grains and the difference between whole grains and refined grains. Culinary skills emphasized using whole grains and how to add them to your diet.



As the school year concludes, our focus turns to **summer day camps** with a focus on **healthy lite eating for youth**. Youth learn food safety skills, food preparation along with good eating habits. Our opportunities with the youth expand to 3-4 hour sessions five days a week enabling the youth to learn more in-depth skills than during the school year. Although our adult clients remain involved in the summer, they take a back seat so that the emphasis can be with the youth. During the month of June, 1,105 participated in classes with another 5,020 receiving educational handouts. We look forward to a full staff in July as one staff member returns following surgery.

As the day camps concluded parents routinely thanked the staff and reported things that their children were doing at home as a result of the camp.

Parents from Fairmont City reported:

- Kids were eating healthier
- Washing their hands before eating
- Washing fruit before eating
- Helping to clean up the kitchen after meals
- A mother reported her daughter reading nutrition labels and measuring one serving

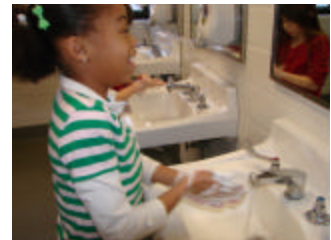
Parents from Collinsville:

- Thanked the instructor for teaching how to read recipes and measure ingredients.
- The kids went home and made the recipes for their parents.
The parents were impressed with the food and reported that the kids cleaned up afterward by doing the dishes and cleaning the area after they were done.

Food Safety

- Want to stay healthy? Wash your hands.

The strategy seems simple enough, but a 2005 study from the American Society for Microbiology and The Soap and Detergent Association show that although 91 percent of adults say they always wash their hands after using restrooms, but only 83 percent were observed doing so. Only 42 percent of Americans said they washed their hands after petting a dog or cat and only 32 percent washed their hands after coughing or sneezing. Hand washing is so low tech it doesn't get the credit it deserves. The **Clean Hands, Healthy Bodies** program teaches this simple concept.



In May, volunteers taught 107 third and fourth graders how to properly wash their hands through the *Clean Hands, Healthy Bodies* program in partnership with the Madison and St. Clair County Health Departments. As you can see from the previous article, we continue this teaching through our cooking school day camps.

- Does your club, church or organization raise funds by holding community dinners, bake sales, bazaars or other food events? These are the individuals we invited to attend an evening seminar entitled **Serve It Safely**. Thirteen responded for this Collinsville based event. Often, the organizers of food events are unaware of basic food-safety principles. A little knowledge about food safety helps them keep food events safe and successful.

4-H Youth Development

Leadership Skills

- Young people who have a parent in the National Guard, Army Reserve or on active duty were provided an opportunity to participate in an overnight camp free of charge through the Operation Military Kids program.

Teen Leadership Camp, for youth ages 13 to 18, was held June 22 -24 at Camp Wartburg. The camp was designed to shape leadership and teamwork skills. Teens used a mobile technology lab to develop group plans and create a podcast commercial to market an upcoming OMK camp to younger audiences. They also created an electronic photo album, which captured their favorite memories of camp. Campers tested their confidence and conquered their fears as they embarked on a High Ropes Challenge Course. Despite the rain, teens were able to familiarize themselves with GPS units and navigate to hidden treasures through cooperation with a partner. Campers also enjoyed traditional camp fun like swimming, team games, and a Low Ropes Challenge Course. Those youth who exhibited outstanding leadership skills were invited to serve as mentors to younger youth during the OMK camp in August.

- High school students are bombarded with decisions about college and their future. Many have no idea what they want to major in or feel that they know so little about the different career areas available. The **Illini Summer Academies** provided a relaxed and fun-filled atmosphere, while exploring possible career interests. This event took place on the University of Illinois, Champaign/Urbana campus, which offered teens the opportunity to check out a Big Ten college and experience a little piece of campus life. Academies offered this year included: ***Aerospace Engineering; Agricultural & Biological Engineering; Crop Science; Food Science & Human Nutrition; Leadership; Veterinary Medicine; and Youth Community Informatics.***

In addition, the Illini Summer Academies offered outstanding speakers, campus tours, a financial aid discussion, and a chance to ask current students what college-life is like! Teens also helped out the local community by bringing items to donate to a food drive.

Expanding Community Clubs

- 4-H livestock members from Madison County have been extremely busy attending various livestock judging contests since the season started in March. Participation in such contests helped prepare them for the State 4-H Livestock Contest.



All their hard work paid off as the 4-H Senior Livestock Judging Team placed 7th at the state contest. The team of four young people had to evaluate two classes of sheep, three classes of cattle, and three classes of hogs and answer questions on each class. Contestants who placed in the "Top 10" and are qualified for national events are invited to compete in the invitational contest at the Illinois State Fair Livestock Center on Thursday, August 13th, 2009. Members of this particular team were Emily Weinberg, David Ammann, Caleb Brink, and Brenen Diesen.

Other members of the Madison County 4-H Livestock Judging Team include Kane Weinberg, Chelsea Ammann, and Dylan Rutz. These young people participated in other judging contests this year.

Kraig Weinberg, coach, has been leading the Madison County 4-H Livestock Judging Team for six years. "Livestock judging and justifying your placements helps youth with

decision making, which is a valuable life skill”, states Kraig. “I am really proud of what the kids have accomplished.”

After School Programming

- In recognition of their many accomplishments throughout the school year, 4-H members planned and conducted a '70s Dinner Party celebration. The **4-H Teens Reaching for Success** members selected the menu, designed flyers and program brochure, and planned an ice breaker activity. Furthermore, youth researched and prepared a mini biography on the life of a famous person from this era. Then while dressed in costume, youth presented their 2-4 minute biography on their famous person. Some did improvisational acting whereas others memorized their scripts. Following this event, members commented on the importance of events such as this to practice public speaking skills, which they stated are critical in school and one's career.

4-H members also returned to Wilson Park to continue their work of identifying trees using GPS. The experienced youth shared their knowledge with newer members. The past 4-Hers quickly recalled how to use the GPS devices and remembered tree terminology such as simple, compound, margins, sinus, palmately, and pinnately. The members identified and marked over 150 trees, while learning about technology and career options.



Thus, the various activities throughout the year helped develop or strengthen leadership skills in the areas of citizenship, planning/organizing, making healthy lifestyle choices, problem solving, decision making, conflict resolution, and communication. One member in particular listed the critical skills she learned in 4-H upon applying for the National Junior Honor Society, to which she was accepted. Furthermore, she aspires to become a 4-H leader herself, where she can help others in a similar fashion

- **21st Century ExCEL, Extension Cares for Every Learner**, a before school academic tutorial and Afterschool 4-H project clubs Enrichment program, held Monday through Thursday at Huffman and Lalumier schools in Cahokia is fun according to 92% of the students. 93% of Harris and Long students in the Madison School District think ExCEL is fun. The statistics tell the story...

Huffman....

- *In 2004, 36% of students met or exceeded on the ISAT...In 2008, 72% of students met or exceeded on ISAT....65% of ExCEL students met or exceeded on the ISAT in 2008.*
- *District staff feels that 74% of ExCEL students improved academically... ExCEL staff feel that 94% of ExCEL students improved academically.*
- *97% of parents feel their child has improved academically.*
- *50% of parents feel that their child's health has improved as a result of the ExCEL program.*

Lalumier...

- *In 2004, 42% of students met or exceeded on the ISAT...in 2007, 69% of students met or exceeded on the ISAT. 73% of ExCEL students met or exceeded on the ISAT.*
- *District staff report 74% of ExCEL students improved academically.*
- *97% of students enjoy 4-H*
- *835 of parents report their child's cooking skills have improved as a result of the ExCEL program.*

Harris...

- In 2004, 38% of student met or exceed on the ISAT...In 2008, 52% of students met or exceeded on the ISAT. 53% of ExCEL student met or exceeded on the ISAT.
- 93% of students enjoy 4-H lessons and look forward to ExCEL.
- 55% of parents report that their child has tried new and healthier foods as a result of ExCEL.

Long...

- In 2004, 255 of students met or exceeded on the ISAT...In 2008, 49% of students met or exceeded on the ISAT...42% of ExCEL students met or exceeded on the ISAT.
- 72% of the students report that they have tried new and healthier food as a result of ExCEL.

- 100% of Lalumier and Huffman parents agree that their child is better at working with fellow students as a result of the 4-H clubs.
- 35% of Huffman and Lalumier parents said that their child would not or was not sure if their child would have adult supervision after school.
- 96% of Long and Harris parents agree that their child looks forward to school more as a result of the 4-H clubs.
- 47% of Long and Harris parents said no or that they were not sure if their child would have adult supervision after school.

Conclusion: The program makes a difference. We are pleased to announce this program has received grant funding for the 09-10 school year.

4-H Camp Offered Plenty of Summer Fun

For 4-H members and their friends, this wasn't another ordinary summer vacation! Southern Illinois 4-H Camp offered the right cure to beat those summer time blues! Youth ages 8 to 12 participated in the **4-H Youth Camp** held June 7–10 near West Frankfort. In addition to the traditional swimming, boating, crafts and hiking, this year's camp featured a "fun in the sun" theme that explored how energy from the sun is useful and fun.

Youth ages 12 to 14 participated in the **4-H Junior High Camp** held in June near Waterloo. This camp featured traditional camp activities, a high rope challenge course, and fun games related to energy and its uses in our lives.



Agriculture and Natural Resources

Natural Resources

- As the rain turned the Henry White Farm into a soup bowl, the **NATURE Day for 5th graders in the Belleville area** moved to Whiteside School. Whiteside was able to accommodate the event inside when other invited schools were forced to cancel less than one week prior. Programs teaching about the natural environment in which we live were presented by 18 professionals from around the state, as well as local agencies. Topics included mammals, snakes, weather, trees, recycling and water.

Following the event, each participant, teacher and presenter was asked to complete a brief anonymous evaluation. Teacher and presenter evaluations were very satisfactory. But, the real measure of success for this event is the youth evaluations. The following are just a few examples of how profound an impact this even can have on youth.

When asked for one new thing they learned at Nature Day students replied,

- ✓ *That there are many things in the world that aren't yet discovered...a HUGE part of that is nature.*
- ✓ *That is good that some things you are scared of you should not kill because that thing helps us.*
- ✓ *Everyone should reduce, reuse and recycle NO matter what*

What would our students say about Nature Day? *I would say it was fun, exciting, cool, and educational.* This is success.

- Based upon the number of questions received at University of Illinois Extension offices, there are many homeowners that would like help with their personal or neighborhood pond. A seminar addressing these needs was held on an Edwardsville pond site in June.

Local specialists from Illinois Department of Natural resources, Madison County Soil and Water Conservation, and University of Illinois addressed pond site selection, aquatic plant identification and management, fish and weed management, reduction of sediment, limiting lawn chemical runoff, pond ecology with an emphasis on oxygen levels, aquatic nuisance control and pesticide safety. 34 participants asked many questions.



- **Master Naturalist Projects:** Master Naturalists completing training in December 2008 are putting their knowledge to work. This community based conservation education program is designed to address issues in our area. Here are some samples of projects underway.
 - **Willoughby Farms:** Led by Master Naturalist, Kristine Brown of Troy, MN are clearing hiking trails, creating standard signage for the trails, creating and labeling a native medicinal plants trail, and weeding invasives.
 - **River Watch:** Helen Damon, Glen Carbon and Ellen Nore Nordhauser, Edwardsville volunteered to monitor Judy Creek branch in Glen Carbon. This includes collecting samples and identifying invertebrates while at the Watershed Nature Center.
 - **St. Clair County Greenspace Foundation:** Ned Seigel, Belleville has created signage, pulled invasives and maintained native plants at the bluff location.

Home Horticulture Education

Master Gardeners volunteer for Extension in the community in a wide variety of ways including sharing their knowledge through **community presentations**. Presentations in May and June include:

- Edwardsville's St. Andrew's Episcopal Church once again invited the community to come and enjoy the activities at its annual Mayfest --- an event to celebrate May Day. May Day is a tradition in England to welcome the warmth and light of spring and summer. Master Gardener Julie Hamilton taught classes on roses and groundcovers.
- Herbs, the topic for the Lebanon Garden Club's twenty-one members was taught by Master Gardener Jan Villhard.

- Master Gardener Rhonda Koldehoff of Belleville wowed her audience at the Hospice of Southern Illinois event, *A Woman for all Seasons*. Her dazzling display and knowledge of **container gardening** kept the audience in rapt attention.
- WBGZ Master Gardener radio hour on the second Tuesday of each month featured Master Gardener Linda Nitchman explaining the **Plant a Row Program** encouraging local gardeners to plant extra enabling them to take fresh produce to the local food pantries. U of I Extension demonstration gardens all grow produce for local food pantries with about 35,000 pounds donated annually in Madison and St. Clair Counties.

- **Emerald Ash Borer (EAB)** is a major threat throughout the Midwest. One of the primary focus areas is to reduce human movement of EAB. The 40 master gardeners, master naturalists, and community park employees attending certification training learned about identification and control and the first detector program. They have been trained to spread the word by talking with local civic groups, garden clubs and school groups.

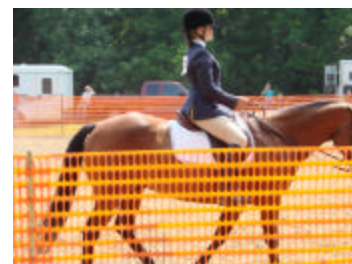


University of Illinois Extension entomologists and educators provided an overview of Emerald Ash Borer—its life cycle, how it spreads, where it came from and what management options are available. Pesticide tree injections were demonstrated, too.

Additionally, the participants learned how to get their community aware of the potential threat and what plans need to be made in case it shows up in our backyard.

Urbanization: Moving Away from Agricultural Roots

- Elementary school teachers became students participating in the Illinois **Ag in the Classroom** program in St. Clair County learning about horseradish production and the growing horse stable industry. As the area is known as the Horseradish Capitol of the World, this industry is a unique aspect of farming showcased in a teacher's workshop on the move. Equestrian knowledge is in abundance at the Triangle H Farms, Edwardsville where owner Marcy Heepke welcomed the classroom teachers in learning more about professional horse care. Additional teachers participated in the Southern Illinois Ag Workshop for teachers held in East St. Louis in June. Both our St. Clair and Madison County staff taught workshops about agriculture.
- **Farm Safety Day in Highland** took two staff members, Shannon Murphy, CAREE coordinator and Margaret Weis, assistant, to talk with 200 sixth grade students about chemical safety. Students learned the proper clothing to wear when using chemicals, proper storage and the importance of labels.
- Elementary school teachers in Madison County joined the St. Clair County teachers for the workshop on the move. The **National Ag in the Classroom Conference**, held in St. Louis in June provided many workshops for teachers and ag in the classroom coordinators from across the country. Shannon Murphy, CAREE coordinator, taught a session featuring hands on activities. CAREE is co-sponsored with Madison County Farm Bureau, Madison County Soil and Water Conservation Service, and University of Illinois Extension.



Orange areas are one of four program areas of focus for University of Illinois Extension. Blue is the identified issue for Madison-St. Clair unit within the program area. Black describes the programmatic activity conducted within the two-month period.