

# IOWA STATE UNIVERSITY

## University Extension



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*Get inside Extension and discover how we support healthy people, healthy environments, and healthy economies. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Webster County a better place to live. You'll be amazed at what we do.*

Brian McLoughlin

*Extension Council Chair*

James L. Patton

*Region 7 Extension Education Director*

### Healthy People

Iowa's risk of having high blood pressure, heart disease and diabetes is increasing along with 60% of adults and 30% of children overweight. All of these conditions are related to the food we eat. Eating out or using too many convenience foods for quick meals leads to eating foods that are higher in fat and sodium and lower in nutrient value. Healthy Meals in a Hurry workshops provided ideas for participants to prepare quick, healthy meals at home at a cost of less than \$1 per serving.

Paulelda Gilbert, Nutrition & Health Specialist had 135 participants in five "Healthy Meals in a Hurry" workshops that have provided quick meal ideas for those who lack time, motivation or ideas of how to prepare healthy meals for their families. Guidance to lower sodium and fat in meals was included in the 14 main dish recipes that are low

cost and quick to prepare to "eat now" or freeze to "eat later". Participants included young moms, senior citizens, busy families, home care assistants and child care providers. More than 200 people purchased the publication to use for themselves or share with others.

### Healthy Environments

A partnership of the Iowa Soybean Association, Iowa State University Learning Farm and the Ann Smeltzer Trust installed a bioreactor in the summer of 2009. The bioreactor is an underground trench filled with wood chips which water flows through from field drainage tiles. The woodchips host microorganisms that break down nitrates in the water. The result is a 30% - 50% reduction in nitrates entering the stream as part of the Des Moines River Watershed.



EAB Workshop @ Kennedy Park

## Webster County Extension Council

Every Iowa county has an elected Extension Council that guides local educational programming by partnering with staff. From needs assessment through program implementation and evaluation of outcomes, the council represents the issues and people of the county.

We have identified these local issues as priority topics for current and future programming:

- Make use of ISU Extension leadership training that helps develop and enrich community leaders.
- Partner with the North Central Small Business Development Center (SBDC), to connect with small business owners.
- Develop partnerships with other organizations and agencies that are reaching Latinos in the area. We need to be more effective in how we deliver ISU Extension education to this audience.



**We connect you to Iowa State University.**

We are your local link to make connections for campus enrollment, continuing education, campus visits, campus exhibits, conferences, camps, and sporting events.

... and justice for all

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## Healthy Environments continued...

Emerald Ash Borer, a devastating insect currently found in Illinois and Wisconsin, invades the vascular system of ash trees contributing to mass deforestation. In late June, 2009, over 30 environmentalists, conservationists, officials and citizens attended a three hour workshop to be trained about detection & quarantine procedures. Iowa State University faculty and the Iowa State Entomologist presented information to delay or confine the potential infestation that could destroy 30% - 40% of the tree population in some Iowa communities.

## Healthy Economies

In late August, a catastrophic hail storm that was three to five miles wide cut a path through Webster County damaging 50 – 60,000 acres of corn and soybeans. A portion of the crop was totally lost but a majority of the crop suffered damage to the plant and grain. On September 17<sup>th</sup>, Iowa State University Extension agronomist, economist, livestock specialist and crop specialists met with nearly 100 producers to outline options of harvest, storage, feeding and marketing.



During the meeting, local elevators shared their position and how they would assist the producers. The results of improved communication, expediting harvest and salvaging a value for the grain will carry a high value.

## Impact

4-H members continue to be of service to their community as they donate many hours of volunteer time. Youth continue to partner with many organizations including those who receive the Iowa Promise Grant. This seed money has been used to purchase flowers for Harcourt planters, purchase trees and shrubs for the Lost Grove Cemetery, purchase back packs and supplies for the Back to School Bash plus assisted with a fishing workshop.



Many clubs volunteer at their local nursing home to provide activities and fellowship to the residents, assist with putting up the flags on Memorial Day at the local cemeteries, collect food for food pantries, assist with after school programs, clean ditches or city streets, or ring bells for the Salvation Army. Some members have even volunteered at the Iowa State Fair with Little Hands on the Farm.