

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 Cherokee County a better place to live. You'll be amazed at what we do.

Chuck Clark

Extension Council Chair

Donald G. Avis

County Extension Education Director

Healthy People

Managing Tough Times

The economic downturn has affected many northwest Iowa families. ISU Extension designed web sites and resources to help families, businesses, and communities tackle tough times. Blog conversations, "ask an expert," – a variety of options are available to find answers and information any day, any time of day at www.extension.iastate.edu/toughtimes.

Spend Smart. Eat Smart.

This ISU Extension web site (www.extension.iastate.edu/foodsavings) helps people learn more about their food-shopping practices, and changes they can make to save money and eat healthier. A variety of options and interactive activities are available, including short food preparation how-to videos.

Recently, 54% of site users rated it "excellent," 53% used the cost of food at home calculator options, 79% adjusted one or more food buying habits, 85% increased their understanding of substituting time or

knowledge/skills to save money at the supermarket, 88% increased their food-buying skills, and 83% increased their ability to identify and include nutritious foods in the family diet.



As part of the 10th Annual Farmers Market Week celebration in August, Extension staff and 4-H'ers showcased the "Spend Smart. Eat Smart." initiative by preparing and serving recipes using fresh produce available at the Farmers Market in Cherokee.

Healthy Environments

Iowa State University Extension, in cooperation with the Iowa Department of Agriculture and Land Stewardship (IDALS), provides

Cherokee County Extension Council

Chuck Clark (Chairperson)
Tom Bindner (Vice-Chairperson)
Donna Amundson (Secretary)
Dave Appleby (Treasurer)
Guy Fishman
Jack Shea
Brenda Werthman
David Whited
Lynn Winterhof

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:

- Address ag credit challenges
- Continue work with SCORE (Counselors for small businesses)
- Intergenerational transfer of assets and estate planning
- Annie's Project-Farm women's financial program
- Separate marketing classes for men and women
- Environmental tree management
- Recruit and initiate new family-sized dairies
- Meet projected youth community club goals



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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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training and certification programs for **Commercial and Private Pesticide Applicators** in Iowa. Two hundred sixty-two pesticide applicators attended continuing instruction courses in Cherokee County to meet requirements to safely handle and apply pesticides.

Fifty-seven **Commercial and Confinement Site Manure Applicators** participated in initial certification and recertification training sessions to comply with state law pertaining to land application of manure. Manure applicator certification is designed to help applicators use manure as an asset and avoid water quality problems due to improper application. Manure can be managed to minimize environmental impacts while optimizing economic benefits for all parties.

A hands-on workshop in February 2009 assisted 15 confinement livestock producers in completing the paperwork requirements for compliance with current EPA emissions reporting regulations.

Healthy Economies Bioeconomy Community Conversation II: Food, Feed, and Fuel

The bioeconomy is tied to a host of "green" as well as economic development issues. Community sectors came together in November 2008 to talk about the opportunities



and the challenges associated with food security, feed production, fuel

prices, and the growth of the renewable fuels industry. Participants viewed the bioeconomy as an important issue not only for people who are involved in agriculture, but for anyone who consumes food and energy.

Ag Outlook & Management Seminar

Sixty-one participants attended an Ag Outlook & Management Seminar held in Cherokee in November 2008. The seminar was designed to provide agribusiness leaders with a concise evaluation of current conditions, expected trends in crop and livestock income potential and management implications. Participants also received an overview of the agricultural industry and how changes might affect Iowa producers.

Learning Luncheons

Learning Luncheon sessions were held during the fall/winter of 2008-2009 to share meaningful educational opportunities over the lunch hour.



A wide variety of topics were presented including preparing yards and gardens for winter, healthy holiday eating, getting rid of the little things that clutter our lives, reducing materialism in gift giving, steps to quick healthy meals, and frugal gardening hints and tips from a local Master Gardener. Total attendance at the six sessions was 83 participants.