

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

Les Linqvist
Extension Council Chair

Bill Drey
County Extension Education Director

Healthy People

The Healthy Choices for Healthy Bodies provided five school districts (Bedford, Clearfield, Diagonal, Lenox, and Villisca) with nutrition education for their elementary students. Six hundred twenty-three students in kindergarten through sixth grade received six lessons on



the importance of nutrition and physical activity. The program helped youth develop lifelong habits by giving them information about food choices, safe food handling, physical activity, and overall health. Students were encouraged to take the information that they learned in class and share with their families at home.

Healthy Environments

Montgomery County Extension has promoted a healthy environment through Water Quality day camps to middle school students in Villisca, Stanton, and Red Oak.



Topics included the stream table, ground water flow model, "who's polluting" role play scenario, soil and water conservation, aquatic life in ponds and lakes, water birds and wildlife, and a watershed walk. Healthy environments are also supported through pesticide recertification trainings, manure recertification meetings, and the Master Conservation course.

2009 Montgomery County Extension Council Members Include: Les Linquist, Greta McCarthy, Ed Engstrand, Paula Grooms, Mary Jardon, Julie Wolfe, Carroll Freeman, Roger Pendleton, and Karen Klocke

Montgomery 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:

- Youth Development
- Food and fitness
- Economic Development
- Communities



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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Decision Making Opportunities

Montgomery County Extension provides opportunities to clients in the county to make sound economic decisions. Leasing meetings and consultations were provided to over 80 individuals. A resource fair was held to provide information and help people make decisions. The Centsible parenting newsletter was provided to the parents of all 1st, 3rd, and 5th graders in the county. Financial information that assists individuals in making financial decisions is provided in the Ag, Family Focus, and Acreage newsletters.

Healthy Economies

An Iowa State University program to help lift residents of the state's small towns out of poverty called Horizons is being conducted in Villisca. It has helped Villisca take charge and build stronger leaders to address poverty, economic decline, and the exodus of young adults. It resulted in citizens gathering together to work for positive change.



The Horizon leaders became involved decision making, gained a positive attitude, understood their neighbors better, increased knowledge about poverty in their community, and came together with others and took action against poverty.

The Villisca community gained training and resources dealing with leadership, poverty reduction, community development, visioning, and strategic planning that made a

difference.

Villisca developed ways to take action with their own resources instead of looking and waiting for outside help.

They became part of a larger community of citizen leaders who are working together to grow Villisca.

Community planning + Iowa State + Red Oak = Progress + Pride

What do you get when you add 11 ISU community/regional planning students, one ISU Extension specialist, one progressive community and 10 years? In downtown Red Oak, Iowa you get an increase in property values of nearly \$500,000, a more attractive downtown, community cooperation and a sense of pride.



In fall 2008, Alan Jensen, now an ISU Extension geospatial tech and community development specialist, returned to Red Oak, where in 1996 students in an ISU studio course he was teaching developed a vision for the community downtown area.

Work began in 1998 and the changes since have been dramatic, Jensen said. Not only have appearances improved, but buildings have been updated with new windows, awnings, and in some cases, structural improvements that will prolong the life of the buildings.