

IOWA STATE UNIVERSITY

University Extension



Buena Vista County Extension

824 Flindt Drive
Storm Lake, IA 51002
Phone: (712)732-5056
Fax: (712) 732-5006
www.extension.iastate.edu/buenavista

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

County Extension Staff

Rhonda K. Christensen
County Extension Education Director
Debbie Erpelding
County Youth Coordinator
Sarah Thiessen
Strengthening Families Program Coordinator
Virginia Carlson
Office Assistant
Ana Mendez
Family Nutrition Program Coordinator

Shelley Hohneke
Extension Council Chair

Rhonda K. Christensen, M.Ed.
County Extension Education Director

Staff Serving B.V. County

Nancy Clark, Registered Dietician
Nutrition and Health Program Specialist
Dennis DeWitt
Livestock Program Specialist
Carol Ehlers
Youth Specialist
Eldon Everhart
Horticulture Program Specialist
Abbey Gaffey
Communities Program Specialist
Paul Kassel
Crops Program Specialist
Kris Kohl
Ag Engineer Specialist
Chris Mondak
Dairy Program Specialist
Tom Olsen
Farm Management Program Specialist
Jerry Weiss
Swine Program Specialist
Julie Halas
Extension Relations
Merle Pochop
Business and Industry
Bob Coacher,
CIRAS

Positions vacant at this time:
Family Life
Family Resource Management

Healthy People



This ISU Extension Web Site, www.extension.iastate.edu/foodsavings helps people learn more about their food-shopping practices, and changes they could make to save money and eat healthier. A variety of options and interactive activities are available, including short how-to videos on food preparation. Recently, 53% of site users rated it "excellent." Other results showed: 53% used the cost of food at home calculator option, 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.

MANAGING TOUGH TIMES

The economic downturn affects many Northwest Iowa families. ISU Extension designed Web sites and resources to help families, businesses, and

communities tackle tough times today and tomorrow. Blog conversations, "ask an expert," help find answers and information any time, any day. Check out www.extension.iastate.edu/toughtimes

Healthy Environment Managing Manure



The two-hour education program designed to help producers calculate the value of manure compared to commercial fertilizer has shown positive results. Using manure to supply fertilizer needs of the crop can improve the profitability of an integral farming operation. Results of the program were:

(Continued on page 2, top of column 2)

Buena Vista 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.

Serving on the B.V. County Extension Council:

- Shelley Hohnke, Chair
- Mark Williams, Vice-Chair
- Darla Wieland, Secretary
- Robert Baschke, Treasurer
- Leann Baumhoyer
- Linda Henrichs
- Linda Patterson
- Nancy Sargent
- Roger Skelton

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

- *Strengthen Families through the "Children, Youth and Families at Risk" grant (CYFAR)*
- *Develop and enhance leadership skills of youth and adults through the 4-H program.*
- *Integrate diversity through programs and Extension opportunities*
- *Provide current data for making informed decisions.*



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

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.

September 2009

IOWA STATE UNIVERSITY
University Extension

[Managing Manure page 1] continued

- 44% changed their manure application rate due to manure analysis
- 36% calibrated their manure application equipment to protect the environment and optimize the use of their valuable manure resource
- 21% developed a neighbor relations plan to address neighbors concerns about their farming operation
- 21% are employing different deeding strategies to address the odor concerns from the manure.

Healthy Economies

Alta "HORIZON'S" Update

The Alta HORIZON'S Steering Committee (a community leadership to reduce poverty) opened the Community Resource Center on Alta's Main Street, located across the street from the Food Pantry. The "Welcome Committee" continues to greet new Alta residents and share information about the community. The Alta Community Resource Directory was developed by the committee. To help lower food costs, HORIZON'S is offering the SHARE Food program. More opportunities are being planned to help improve communication lines between community members, the city and school district.

Family Nutrition Program

Designed to help families stretch their food dollars, the Family Nutrition Program in B.V. County has reached over 55 families this past year. Participants lowered their grocery bills, increased their nutrition knowledge and improved their food safety practices.



4-H Celebrates Success

For the third year, Extension Staff, 4-H Leaders and 4-Hers achieved a 3% or more growth in 4-H club enrollments. The 4-H enrollment for the 2008-2009 4-H year was 187, a 6% growth.

Other successes included:

- 4-H Livestock Judging Team earned trip to the Denver Livestock Show
- Austin Ehlers and Stacie Glienke received State Awards
- Hannah Fordyce served on the State 4-H Council

4-H Volunteers for Training First Responders



Buena Vista County 4-H members, Leaders and parents have partnered with Buena Vista County Emergency Management, Storm Lake Public Safety and Buena Vista Regional Medical Center for several years to "practice" a disaster. This year's scenario involved a 'mock' plane crash near Storm Lake. The "practice" helps First Responders prepare for a real disaster, in the event it would occur in our county.

Strengthening Families Project Grows in Buena Vista County

Storm Lake, Newell and Alta School Districts offered the 7 week series, *Strengthening Families Program for Parents and Youth 10-14*, in multi-languages. Languages include: Spanish, Lau, English, and Nuer. ISU Extension also partnered with the Court System to offer the program this past summer to families in the Court System. SFP is a parent, youth and family skills-building curriculum designed to prevent teen substance abuse and other behavior problems, strengthen parenting skills, and build family strengths. Strengthening Families is funded through the "Children, Youth and Families at Risk" grant.