

# IOWA STATE UNIVERSITY

## University Extension



### County Extension Staff

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*County Extension Education Director*  
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Jen Crozier  
*Office Assistant*  
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*Livestock Specialist*

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*Family Life*  
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### Lucas County 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 Lucas County a better place to live. You'll be amazed at what we do.*

Roger Heim  
*Extension Council Chair*

Pat Swartzlander  
*County Extension Education Director*

### Healthy Lifestyle Habits Begin In Childhood

Chariton Van Allen Elementary 4<sup>th</sup> graders participate in monthly healthy lifestyle lessons. An Extension Nutrition Educator visits the 4<sup>th</sup> grade classrooms each month and presents the series called "Pick a Better Snack and Act". The program promotes eating more fruits, vegetables for meals, snacks and increasing daily physical activity.



The students enjoy the opportunity to taste the fruits and vegetables brought to the classroom by the nutrition educator.

Lucas County Extension, Van Allen School and the Iowa Department of Public Health partner through a

BASICS Nutrition Education grant to encourage local children to adopt healthy lifestyle habits.

### Extension & AmeriCorps Provide Youth Programming

A partnership was formed this year with Graceland University through the AmeriCorps, Youth Launch program.



This partnership also helped to strengthen existing partnerships in the community through the school district and county conservation as well as help bring in a new one through the Chariton Public Library.



Lucas County Extension Council members are: Alan Umbenhower, Stan DeVore, Roger Heim, Richard Warren, and Lori Evans. Not Pictured: Marilyn Bridgford, Kenneth Pierschbacher, Matt Evans, and Troy Steinhausen

## Lucas 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:

- 4-H& Youth
- Saving for Financial Security
- Horizons
- Improving Cow Herd Efficiency



**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.

## Extension & AmeriCorps Provide Youth Programming continued

An AmeriCorps, Youth Launch member worked 450 hours over the summer to help deliver educational and fun day camps through Lucas County Extension and Lucas County Conservation. They performed various tasks working directly with youth through the Chariton Community School District and the Chariton Public Library. Over 250 youth were reached through this position.

In addition to working with the different entities, the AmeriCorps member had the wonderful opportunity to create, plan and implement their own class. For four weeks, a class was offered teaching middle school age youth about art design, specifically in the anime genre. A field trip to the art department at Graceland University was held for 3<sup>rd</sup> graders to experience the different styles of art.

## Master Gardeners at Work in Lucas County

Master Gardeners are trained volunteers who share a love of gardening, an enthusiasm for learning, and a commitment to helping others. During the past year, Lucas County has benefited from the volunteer efforts of local Master Gardeners.



Lucas County had 12 residents complete 40 hours of horticulture training in March, 2009. Training was an eight week course provided by Iowa State University Extension. Speakers were horticulture specialists in various areas.

Participants became Master Gardener interns at the completion of the course.

They have been busy since the training, doing 40 or more hours of volunteer work in their communities. Horticulture projects the interns have worked on include: assisting with youth day camps, creating and caring for the plantings around the Chariton Square, renovating the flower bed near the Chariton Post Office, renovating the flower garden at the Lucas County Extension Office, landscaping around the fairgrounds, landscaping around the sign at the Russell corner and writing a monthly gardening column for the local newspaper.

## Extension Beef Programs

Lucas County Extension Beef Programs delivered by Joe Sellers, Iowa State University Extension Beef Specialist, included demonstration projects and educational programs at the ISU McNay Memorial Research Farm Located in southwest Lucas County. Topics including supplementing grazing cattle, storing wet co-products, reducing hay feeding waste, and renovating fescue pastures were demonstrated



at the farm and presented to producers, veterinarians and industry professionals. Other beef education programs offered in Lucas County in 2009 featured grazing management, improving wildlife habitats with planned grazing, cow winter feeding management, and managing risk in cow calf operations.

... and justice for all

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