

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

Dan Carpenter

Extension Council Chair

Pat Swartzlander

County Extension Education Director

Healthy eating habits begin in childhood

Elementary students from the four Wayne County school districts participate in monthly healthy lifestyle lessons. An Extension nutrition educator visits each classroom and presents a series of lessons, "Pick a Better Snack"[†] & Act. This program promotes eating more fruits, vegetables and low fat dairy products for snacks and meals and increasing daily physical activity.



As part of the series, students have the opportunity to taste foods each month; many are ones they have never tasted before. Students are excited to learn, taste, and share information about how they are applying what they've learned inside

to outside the classroom experiences! The students report that they are adding low fat dairy products to their diet for stronger bones and teeth and they are choosing to play outdoors after school rather than watch TV.

Volunteers vital to 4-H program

Volunteers are a vital part of the 4-H program. 4-H volunteers are motivated by positive purposes in helping youth become caring competent and contributing member of their family and community. Wayne County is blessed with 27 club leaders and project volunteers. These volunteers lead 8 community



Wayne 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.

Dan Carpenter, Chairman, Brentt Snow, Vice Chairman, Carmela Murphy, Secretary, Joyce Brown, Treasurer, Tim Prunty, Clair Dyer, Randy Downs, Emmy Forbes, Amy Horton

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

- Family Financial Well-Being
- Growing Strong Families
- Nutrition & Physical Activity for Wellness
- Positive Youth Development
- Beef Herd Management



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Volunteers vital to 4-H program (continued)

clubs and 3 special project groups reaching a total of 175 youth. Each club conducts community service projects. For example, one club decorated a Christmas tree to raise money for the Empty Stocking Program; another club volunteered to help package food to send to starving people living in third world countries; yet another club cleaned up their community's park. Wayne county 4-H leaders are wonderful examples of being involved in the community at many different levels. They show, as well as teach, the young people how to be contributing citizens of their communities

Communities Work to Reduce Poverty

Allerton, Corydon, Humeston and Seymour completed their Horizons project in the summer of 2008 but continue to address poverty in their communities. Allerton held a second Family Fun Day event and leadership graduates are taking steps to preserve the Old Time Soda Fountain. Humeston has opened a new business, The Grassroots Gallery, in their downtown area, selling items for local craftsman and artists.



The community youth center in Humeston is busy planning county wide youth activities. Corydon's Welcome We Help, Inc. once again provided support for the Volunteer Income Tax Assistance program, started a community garden project and continues to provide emergency grants to families and individuals in

need. Seymour is addressing their housing issues and will host a third Share Day. Seymour's Family Resource Center, among other activities, holds weekly Nest classes for young families. Each of the communities has representatives on the Board for the Wayne County Local Housing Trust Fund. This is a group working to bring more funds to the county to help homeowners with repairs.

The Northwest Area Foundations continues to work with the Horizons communities and in July invited representatives from each community to join a work team to attend the Rural Families Economic Success Conference. Team members returned home with individual and group objectives to complete in 2009.

Program Benefits Producers

Demonstration projects and educational programs conducted at ISU McNay Memorial Research Farm were targeted to issues that concern south central Iowa beef producers. Current demonstration projects include supplementing grazing cattle, storing wet co-products, reducing hay feeding waste, and renovating fescue pastures. Programs have been presented to beef producers, veterinarians and been industry professions.



Other educational programs featured this year are beef cow management, grazing management, improving wildlife habitats with planned grazing, and managing risk in cow-calf operations.