

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

Kathy Ebert
Extension Council Chair

Gene Mohling
Regional Extension Education Director

1st Annual 4-H 5k run/walk held

In 4-H, the four H's stand for head, heart, hands and health. To celebrate the fourth H (health), Washington County 4-H held its first annual 5k and 1 mile run/walk in June. The event was open to all age groups, male and female, and all levels of fitness.



Local community members, runners, walkers, 4-H'ers, friends, family, alumni and volunteers hit the Washington County fairgrounds running and walking for fun and health. Participants heard a preview of the fun to come at the Washington County Fair, as animal sounds echoed through the barns. A total of

57 people participated in this event, with 22 in the 1 mile division and 35 in the 5k division.

Many local families, businesses, and organizations supported the event, which will be continued in 2010.

Taking Action in Brighton

Since August of 2008, Brighton residents have been participating in the Brighton Horizons Project. Community conversations have taken place where residents look at issues in the community and take action for change. During the past year residents have discussed what poverty looks like, assets in the





Kathy Ebert, Dennis Lampe, Margaret Stauffer, Katy Greiner, Jan Dallmeyer, Sue Janacek, Brad Marek, Scott Pemberton, Darrell Steele

Washington 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:

- Expansion of youth program opportunity
- Service to agricultural commodity interests and production
- Support to business & industry, local government, schools & agencies
- Support of family needs, parenting, and resource management



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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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Taking Action in Brighton continued community and ways to create a community where everybody thrives.

The Horizons program is delivered by Iowa State University Extension with funding from the Northwest Area Foundation. Phyllis Zalenski, family resource management specialist for ISU Extension, is the “coach” of the Brighton group. She stated the project addresses issues of poverty in communities that have populations between 500 and 5,000 and have a poverty rate of over 10 percent.

According to the 2000 census Brighton had a population of 687 and a 14 percent poverty rate. There are currently 14 communities throughout Iowa that are going through the same Horizons program.

Horizons is an 18 month program that requires the involvement of many community members. The program consists of several phases. Each phase requires a certain number of participants and offers benefits to the community. The ultimate goal of the program is to help the community implement an overall plan of action to reduce poverty.

Conversational Spanish Lessons

Choruses of “Hola” and “Buenos Dias” could be heard coming from the Washington County Extension Office last fall as a group of twenty-five area residents and business



people took conversational Spanish lessons.

Himar Hernandez, Extension Community Development Specialist, taught the class for eight weeks. Students learned basic conversational Spanish in a fun, relaxed atmosphere. Emphasis was placed on basic greetings and asking and answering questions dealing with everyday situations. Students also learned about the Latino culture, customs, and history of Mexico, Central and South America.

Pork Quality Assurance Plus Classes

Tom Miller, Iowa State University Extension Swine Field Specialist, hosts bimonthly meetings allowing a local opportunity for pork producers to become certified in Pork Quality Assurance Plus training.



To assure consumers a safe supply of food, the National Pork Board began in 1989 educating producers about good production practices regarding the three types of food hazards which could be present in pork. The program was extremely successful in reducing residues and other problems associated with meat at the time.

As our society has become further removed from an agrarian culture, the media has made animal welfare a main issue. In response, the PQA Plus program has been expanded to provide producers with good science-based knowledge in adhering to sound animal husbandry practices.