

IOWA STATE UNIVERSITY

University Extension



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** Expanded Food & Nutrition Education Program*

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Jim Fawcett, *Crops*

Jim Jensen, *Ag Management*

Larry McMullen, *Swine*

Patrick O'Malley, *Commercial Horticulture*

Denise Schwab, *Beef*

Jan Temple, *Nutrition and Health*

Larry F. Tranel, *Dairy, Beef and Forage*

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Linn County Extension

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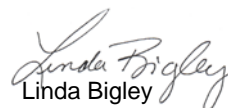
Get inside Extension and discover how we support healthy people, healthy environments, and healthy economies. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Linn County a better place to live.

You'll be amazed at what we do.



Laurie Copper

Extension Council Chair



Linda Bigley

County Extension Education Director

Safe Children & Productive Parents

When parents of school-aged children are employed but resources won't stretch to provide for after-school care, families are faced with tough decisions – give up employment or leave children alone. The 21st Century Community



Learning Center Project at Johnson School of the Arts has created a new alternative for many families. Funded with a federal grant and managed by ISU Linn County Extension, this project brings seven community partners together to create after school and summer opportunities known as the S.T.A.R.S. program.

The S.T.A.R.S. program provides a safe place, caring adults, snacks, and learning activities as well as

academic and family literacy components. Results matter – in the first 3 weeks of this year, compared to the 2008-09 school year, office referrals are down 61%. This means that students are staying in the classroom and that teachers, students, and families are less stressed. For families of the 39 young people enrolled in the S.T.A.R.S. program this year a tough choice just got a little easier.

Job Exploration for a New Generation

“Highway to Horticulture” and “Beef Blast ‘09” were programs that provided an opportunity for youth in grades eight through twelve to spend a day on the ISU campus; visits to labs and hands-on experiences helped these young people to explore their interests and meet



Extension Council

- Carol Bruch
- Laurie Copper
- Glenys Fox
- Darrell Jordan
- Pat Harstad
- Stephen Martin
- Anne Suggs
- Dave Roll
- Dan Rockwell

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:

- Focus on healthy families and communities
- Improve the quality of life for children and spouses of those in the military
- Provide education on family resources and financial management
- Provide quality parent education and training for day care providers
- Provide education to build a strong and sustainable environment for agriculture
- Help families and individuals make wise decisions about energy usage



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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.

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others with similar ambitions. "Beef Blast '09" participants said the best parts of the trip were seeing the animal science and beef labs, and hearing professors talk about things that helped them have a better understanding of their 4-H beef project. "Highway to Horticulture" participants toured greenhouses and the ISU Hort Farm.

Turning a Hobby Into a Multi-Million Dollar Business

CIRAS, the Center for Industrial Research and Service is a part of Iowa State University and an important component of what ISU Extension has to offer Linn County residents.

Softronics of Marion is a small contract engineering firm that is on target for expansive growth this year, thanks to its talented and experienced management, plus a commitment to work with CIRAS and pursue International Organization for Standardization (ISO) certification. ISO-certified companies often have a leg up over their competitors in proving they can do quality work.

Some months after becoming certified, Softronics received an order from Rockwell Collins for 250 radios –eventually Softronics may produce 10,000 radios worth \$200 million. Tony Nurre from Softronics says, *"The people at CIRAS were critical to Softronics becoming ISO certified. When we ran into road blocks, they didn't just tell us what to do. CIRAS took the time to understand our company and how ISO would work for us. Just as we customize radios for our customers, CIRAS helped us customize ISO 9001 for Softronics"*

Managing Tough Times

Job loss, high prices for food and gas, budget cuts, a major flood for Linn County residents – no doubt

about it, this has been a tough year. ISU Linn County Extension launched a number of efforts to help families navigate these troubled times. *Spend Smart Eat Smart* shows families how to make big changes in food spending. Reducing waste, making better choices and planning grocery spending are all topics on this easily accessed web site.

www.extension.iastate.edu/foodsavings

Managing stress has been so important this past year and "Mind Body Skills" is a program to help individuals learn to manage stress. Available as on-line tips, classes, and written materials these efforts have helped many learn to set aside tension and make clearer and better decisions.

Financial counseling for flood affected families was another important part of our ISU Linn County effort to help families manage these difficult times. With financial assistance from the City of Cedar Rapids we provided 320 counseling sessions to help families rebuild an after-flood budget, link to services, reclaim lost documents, and achieve stability.



Spend Smart Eat Smart Display at Cedar Rapids Farmer's Market