



## For the Citizens of Polk County

### 2005 Polk County Extension

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### ISU Field Specialists Located in

#### Polk County:

##### Agriculture

Steve Johnson, Farm/Ag Business Mgmt

##### Families

Susan Klein, Nutrition and Health

Sharon Mays, Family Life

Myra Royal, Families

##### 4-H and Youth

Martha McCormick

Ann Pisarik

#### Contact:

Jeanine Baldwin

County Extension Education Director

ISU Extension – Polk County

5201 N.E. 14th Street, Suite A

Des Moines, Iowa 50313-2005

(515) 261-4204 Fax: (515) 263-2704

E-mail: [baldwinj@iastate.edu](mailto:baldwinj@iastate.edu)

[www.extension.iastate.edu/polk](http://www.extension.iastate.edu/polk)

### Polk County Extension Brings Iowa State University to You

Iowa State University Extension serves Iowans through six program areas: Agriculture and Natural Resources, Business and Industry, Communities, Families, 4-H Youth Development, and Continuing Education. Polk County Extension brings the University to you.

**Partnerships** help Iowa State University Extension create a better future for all Iowans. Together we can improve quality of life in Iowa. Here are a few examples of ISU Extension partnerships at work in Polk County:

**Adventure Learning Center** – Partnering with **Living History Farms** and **Polk County Conservation** a new state-of-the-art challenge course was created at Living History Farms and christened “Adventure Learning Center”. Nearly \$60,000 in grant funds from the **U.S. Department of Education** and **Prairie Meadows** helped in its creation. Open April 1 - October 15, this year the Adventure Learning Center hosted 39 groups comprised of 548 youths and 342 adults.

**Des Moines Arts Festival 2005** – ISU Extension and 4-H were highly visible at the 2005 **Des Moines Arts Festival** occupying one of the three bridges. The Festival, ranked 4th in the nation, provided a platform to highlight ISU Extension and 4-H programs. Eight main tents were developed, all with a variety of activities for children and families. Over nine departments and staff groups created a partnership with the Des Moines Arts Festival for a weekend of fun and education.

**Helping Kids Stay Healthy in School** – Through a **Department of Education** grant, the 4-H program is helping improve the health of Polk County students. 4-H staff, led by Martha McCormick, Extension Youth Development Specialist, has helped teachers working with physical education programs to integrate a lifelong wellness approach into their curriculum and to develop new partnerships with the community. Over 7,000 students have been impacted by the project. As a result, teachers and students have the opportunity to annually assess their own health status and to develop a better understanding of the importance of good nutrition and regular physical activity.

**Farmland Leasing Workshop** – In August, a total of 50 farmers, landowners and other agribusiness professionals attended a Farmland Leasing Workshop in Des Moines. A post-workshop evaluation found that program participants owned and/or leased, on average 300, acres. Participants placed a value on the knowledge gained at this event at \$7.50 per acre resulting in an economic impact from this educational program of nearly \$100,000.



**Master Gardeners Share Evenings  
in the Garden**

**Polk County Master Gardeners'** - Community impact continues to grow throughout the county. With over 300 active Master Gardeners working on a wide-variety of projects, many successful partnerships have become established. One of these is the Demonstration Garden in Urbandale, Iowa. This attractive display garden offers interesting displays on the latest in plants and production for home horticulturists. On Thursday evenings throughout the summer, the public is also invited to bring lawn chairs and enjoy the program series entitled "How Does A Garden Grow". Each week covers a different gardening topic. The partners in the Demonstration Garden include not only ISU Polk County Extension and the City of Urbandale, but also the neighboring Valerius Elementary School.

**ServSafe®** – Diners at restaurants and other establishments in Polk County are more likely to be eating safe food thanks to ServSafe® training offered by Extension in cooperation with the **Iowa Hospitality Association**. Susan Klein, an Extension Nutrition and Health Specialist, conducted ServSafe® training and certification monthly, educating 500 food service professionals about food safety and the prevention of food-borne illness with 88% passing the exam. In 2005, SuperSafeMark was launched to offer a similar food safety program for retail grocers and convenience stores. Co-sponsored by the Iowa Restaurant Association and the Iowa Grocery Association, SuperSafeMark’s passage rate was 100%.

**ISU Extension**

**Expenditures 2004-2005**

Federal tax expenditures:	9.1%
State tax expenditures:	22.1%
Total County expenditures:	19.3%
ISU Grant expenditures:	11.3%
ISU User fee expenditures:	10.7%
Adult Volunteer time (est. ):	27.5%

**Child Care Accreditation Project** – The **Human Services Planning Alliance** partnered with ISU Extension, **Head Start** and the **Des Moines Public Schools** on this project with a goal ‘to improve the early education and care for young children in Polk County.’ The project was designed around criteria for high quality, early childhood programs. The comprehensive project targeted seven Des Moines child care centers that serve over 600 children. Thirty-four classrooms were assessed and provided strategies for improving classroom quality that can be incorporated into center plans.

For each dollar that Polk County Extension spends for programs, local citizens can *gain the benefit* of 47 cents in Federal tax funds; \$1.14 in State tax funds; and \$1.42 of volunteer time.

**EFNEP Serves Families in Need** – In the 2004-2005 program year, 315 households comprised of 1200 people in Polk County learned more about nutrition and food safety because of the Expanded Food and Nutrition Education Program (EFNEP). Funded by the US Department of Agriculture, program assistants meet with low-resource individuals and families either individually or in group settings, to provide nutrition, health and family financial education so that they may become healthier and more self-sufficient.

**ISU Extension Income**

**FYE - June 30, 2005**

District Taxes	\$496,280 (46.3%)
User Fees	\$248,842 (23.2%)
Grants	\$325,715 (30.4%)
Total	\$1,070,837 (100%)

**Focus On Meeting Needs of Diverse Communities** – Polk County EFNEP staff includes a bilingual program assistant and will be hiring another with bilingual skills to better serve the growing Latino community. In addition, Myra Royal, Families Field Specialist, has been concentrating on the underserved inner city community.

**Polk County 4-H** – 8.2% (5,395) of Polk County youth learned life skills by participating in 4-H and Clover Kids (43 clubs), after school or summer camps (18 camps) and school enrichment programs (139 programs). 120 adult volunteers and staff assisted with the many activities. 4-H is more than numbers as this quote from a member suggests:

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**Helping Iowans become their best.**

... and justice for all  
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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating. 12/03

*Our Mission - ISU Extension builds partnerships and provides research-based learning opportunities to improve quality of life in Iowa.*

*“4-H has helped me in school. It helped me build confidence in myself” – Keri*