



# For the Citizens of Adair County

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Iowa State University Extension delivers educational opportunities that make life better, healthier, safer, and more profitable for individuals and communities. Here are a few examples of the many ways ISU Extension in Adair County delivers to citizens.

**Creating a better place to live.** Youth play a big role in making Adair County and Iowa a great place to live. Adair County 4-H members volunteered more than 4460 hours to community efforts. Their service efforts include everything from planting and maintaining flower gardens to preparing meals for families staying at Ronald McDonald House.

The 4-H program provides an opportunity for youth to demonstrate their generosity while contributing the overall well-being of the community along with meeting their needs of belonging, independence, and mastery. Last year 829 K-12<sup>th</sup> graders participated in some facet of the 4-H youth program.

**Making wise decisions.** Decision-making can be difficult, especially for older residents bombarded with sale pitches. Medicare Prescription Drug Education was provided by Joyce Lash, Resource Management Field Specialist, to local residents to assist them in understanding the choices they have when selecting coverage under the new program. Her individual consultations assisted seniors as they made choices that best address their specific health care needs.

**Providing research-based information to food producers.** Agriculturists accessed information through newsletters, websites, meetings, field days, and individual consultations that allowed them to make decisions to enhance the profitability of their operations and at the same time implement environmentally friendly practices. 209 producers attended private pesticide recertification classes during the year.

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## Adair County Extension delivers



4-H Council members prepare a meal for Ronald McDonald House guests.



Producers learn how to identify and manage fescue in pastures.



The Extension Council honors Phyllis Raper at her retirement reception.



Master Gardeners share their expertise to help make our communities beautiful.

In Adair County, Iowa State University Extension delivers research-based educational opportunities to manufacturers, families, youth, agribusinesses, and communities to advance Iowa's economy in the following ways:

**Supporting local business and industry** The Center for Industrial Research and Service (CIRAS) assisted Cardinal IG in bringing their Quality Management System to ISO 9000:2000 compliance. This was done successfully resulting in enhanced customer satisfaction and anticipation of significant increased sales in the near future.

**Enhancing the quality of early childhood education.** All six preschool programs in Adair County benefited from recommendations made by family life specialist, Donna Donald, after she spent a half day observing each program. Using the internationally recognized Early Childhood Environmental Rating Scale, she helped them identify strengths and opportunities for improvements in areas such as health and safety, program and structure, and language resources.

**Improving health through nutrition and fitness.** A group of citizens worked to improve the quality of life in Adair County by fighting obesity and obesity related health problems through Project HEART, a cooperative effort between Adair County Home Care and ISU Extension with funding from the Wellmark Foundation. Preschools reported using more healthy snacks in their programming, including fruits and vegetables, and whole grain. Nine Lighten-Up Iowa (adult) teams and four Move-It teams (youth) were formed to increase the level of physical activity and improve the nutritional choices of individual participants. Children and their families learned how to uncover the sugar in popular beverages through a display staffed at community events. Community members helped establish long-term goals and action plans to help the county along the path to better health.

**Beautifying our Community.** Volunteers who share a love of gardening, an enthusiasm for learning, and a commitment to helping others have the opportunity to participate in the intensive Master Gardener training program. Forty-eight Adair county citizens have completed the Master Gardeners program. During the past year, thirteen gardeners completed 690 hours of volunteer service. Projects included planning plant sales, garden walks, backyard conservation programs, planting flower boxes in Fontanelle park, and landscaping around the Adair County Historical Complex, O-M School and Fontanelle Good Samaritan Center.

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**Helping Iowans become their best.**

October 2006

... and justice for all

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