Greetings!

See the messages from our Rising Star student interns who are with us this summer:

**Jade Jensen**

Hello! My name is Jade Jensen I am a senior in Dietetics at Iowa State University. I am from Bettendorf, Iowa and very excited to be working in Region 5 as a Rising Star Intern through Iowa State’s Extension and Outreach. This summer I will be involved with local foods around the Sioux City area and specifically working with the Flavors of Northwest Iowa program. I am looking forward to educating consumers about farmers markets and other local food opportunities. I will also be completing a research project this summer, which will be primarily focused on promoting local producers within the community. My goal is to more efficiently bring the producers and their stories to the consumers by creating producer profiles and highlighting a specific recipe that consumers can make using the producer’s products.

**Cali Westergard**

My name is Cali Westergard and I am a sophomore in Kinesiology and Health with an emphasis in Exercise Science at Iowa State University. I am from Ireton, IA, a small town 20 miles Northwest of Le Mars, IA. I am so excited to be a part of the Rising Stars Internship Program with Extension and Outreach. As a Rising Star intern I will be focusing my summer around local food here, in the northwestern region of Iowa. Helping people see how fun and simple cooking with local foods can be is my ultimate goal. I am also excited to get a deeper understanding of how our region differs from other areas in regards to local food system operations. I will be incorporating a local producer’s product into a weekly, short video that highlights quick and easy recipes to try. I think providing people with simple ideas allows their creativity to take over when in the kitchen!

Donations are still needed for the new ISU Extension building in Woodbury County as we strive to close in on our $300,000 goal. There are naming opportunities still available and donations are tax-deductible. Contact Molly Hewitt for more details at hewittm@iastate.edu.

Sign up for 4-H Summer Camps in Woodbury County! There are 11 weeks of camp in Woodbury County this year! [http://www.extension.iastate.edu/woodbury/news/2016-summer-camps](http://www.extension.iastate.edu/woodbury/news/2016-summer-camps)
Welcome Gary Wright! Gary recently joined the ISU Extension and Outreach team as a farm management specialist in Northwest Iowa. He will be working with farmers and producers in Lyon, Osceola, Sioux, O’Brien, Plymouth, Cherokee, Woodbury, Dickinson, Emmet, Clay, Palo Alto, Buena Vista and Pocahontas counties. Wright’s office will be located in the Woodbury County Extension office. Wright’s roots in northwest Iowa are deep, with over 20 years of experience working in this area of the state. The co-owner and operator/manager of a family row crop LLC operation in the area, Wright has also worked as a credit officer, vice president of finance and director of human resources in the agricultural finance industry. Most recently he has served as a consultant for the Northwest Iowa Farm Business Association in Spencer and as the agricultural marketing director for Heartland Farm Partners in Lincoln, Neb. Gary’s e-mail address is gdwright@iastate.edu, and his cell number is 712-223-1574.

New ISU Wildlife Specialist: Dr. Adam Janke is the new ISU Extension Wildlife Specialist. Dr. Janke completed degrees in wildlife conservation at three Midwestern land grant institutions; a B.S. from Purdue University, a M.S. from Ohio State University, and his Ph.D. at South Dakota State University. His research experience has been with game bird habitat use and quality in working agricultural landscapes. His extension and research program at ISU will focus on finding opportunities for strengthening wildlife conservation in working landscapes in Iowa and the Midwest. He will also coordinate and lead the Iowa Master Conservationist Program. More information about the wildlife extension program at ISU can be found at www.wildlife.extension.iastate.edu

Writing Your Retirement Paycheck - Onawa and Sioux City
Will I be prepared for the expenses I’ll face in retirement? This important question will be addressed in Writing Your Retirement Paycheck, an Iowa State University (ISU) Extension and Outreach workshops. Presenter: Jan Monahan, ISUEO Human Sciences, Family Finance

- Know what expenses to expect
- Figure how prepared you’ll be
- Understand how expenses change during retirement
- Experience simulated retirement spending decisions
- Learn ways to calculate your readiness

June 7 from 6 – 7:30 pm at Monona County Extension 119 Iowa Ave, Onawa, IA
Call (712) 423-2175 –or email to kwbaker@iastate.edu to register.

Tuesday, June 7 12 - 1:30 pm at Woodbury County Extension 4728 Southern Hills Drive, Sioux City, IA
Call (712) 276-2157 or email to kvanzan@iastate.edu to register.
The price is $20 per person and includes supper.

Code Studio Workshop  Join us on June 16, 2016 at the Code Studio Workshop. This free training will enable you to teach basic computer science and coding to your Kindergarten through 5th grade students through the free Code.org website. The Northwest Iowa Code.org training will be held on June 16, 2016 from 8:00 a.m. to 4:00 p.m. at the Woodbury County Extension Office at 4728 Southern Hills Drive, Sioux City, IA. Pre-registration is required by registering at: https://code.org/professional-development-workshops/5562473 by June 10th. Seating is limited and the workshop may be cancelled if the minimum enrollment is not met. Please invite others who may be interested. Participants must bring their own laptop to use during the training. Lunch will be on your own.
Juntos Para Una Mejor Educación (“Together for a Better Education”) facilitator training comes to Sioux City

“Juntos Para Una Mejor Educación” or “Together for a Better Education” is a five-week series of workshops that brings together Latino families, school staff and community partners to promote academic success and high school graduation among youth. Youth explore different paths they may take – a college or university, community college or trade school, a degree or certification, and so on. On June 21 and 22, 2016, Iowa State University (ISU) Extension and Outreach will be holding a facilitator training for representatives from schools, community agencies and non-profit, faith-based and outreach organizations who are interested in implementing this program in their communities. Contact Jill Sokness in Sioux City if interested.

Monona County Extension Hosts Onawa Community Garden Kick-Off

The Onawa Community Garden Kick-off drew a crowd on May 26. The event included a local foods demonstration of asparagus corn salad by the Iowa State University Extension and Outreach Rising Stars Interns. Gardening resources from Iowa State University Extension and Outreach including weed management, herb growing and composting were shared. Attendees were able to plant something in a bucket to take home with them.

#isu99 Started: The #isu99 marketing and social media campaign has started. The campaign is a 99-day countdown to the first ISU football game. The campaign involves placing a prize package in each Iowa County every day leading up to the first game. Clues will be shared via social media to lead one lucky winner to discover the box and claim the prizes inside each day.

Follow me on Twitter for updates! https://twitter.com/sherrylmcgill

Save the dates--upcoming regional meetings: Regional Council meeting at the Woodbury County Extension office on August 23 starting at 5:45 p.m., and a multiple region council meeting conversation and training on August 30 in Cherokee at WITCC location.

Sherry McGill

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