Healthy People

Extension to Families provides and promotes research-based information and educational programs to help families make decisions that improve and transform their lives. Sibley residents had the opportunity to pledge their support for the Blue Zones project during "Hoops for Hearts", a program dedicated to promoting heart-healthy activities and education for families during National Heart Health Month.

Helping people understand the importance of physical activity with their children is one of the many goals we stress through our 4-H and youth programs," stated Mike Compton, ISU Youth Coordinator.

The Osceola Community Hospital, Sibley-Ocheyedan Community Schools and ISU Extension in Osceola partnered together to make this event possible.

Healthy Environments

Land-grant universities across the Midwest support the use of a drainage water management system. Subsurface tile drainage is an essential water management practice on many highly productive fields in the Midwest. However, nitrate carried in drainage water can lead to local water quality problems and contribute to hypoxia in the Gulf of Mexico. Strategies are needed to reduce the nitrate loads while maintaining adequate drainage for crop production. Drainage water management is one of the practices used to reduce nitrate loads on tile-drained soils.

The Agriculture Drainage research group at Iowa State University...
studies and analyzes the impact of agricultural management practices on surface and subsurface drainage from both a water quality and quantity perspective. The goal of this research is to study the fate and transport of water and contaminants on the agricultural landscape and to develop and promote practices that minimize water quality impacts of agricultural production. One way the group reaches goals is by conducting field studies.

Kris Kohl, Iowa State University Extension and Outreach Agricultural Engineer and Matt Helmers, Associate Professor and Extension and Agricultural Engineer gathered the public to showcase a drainage management system in place at the Bruce Rohwer property north of Paullina, Iowa. With this drainage water management system, corn should never see stress from lack of water throughout the entire growing season.

"With the higher crop prices it (a drainage water management system) becomes a lot more viable," stated Brent Tewes, farmer and attendee from Spirit Lake, Iowa.

**Healthy Economies**

“Over the past year or two, I’ve fielded questions from people who have a small parcel of land – anywhere from 10 to 160 acres or perhaps more. They want to know if we have alternative ideas on how to establish a profitable agricultural business, realizing they probably can’t have a cost-effective traditional row crop operation on a smaller acreage,” stated Melissa O’Rourke, ISU Farm & Agribusiness Management Specialist.

Exploring the Small Farm Dream provided an excellent framework to help alternative farmers assess their skills and interests, learn the realities of farm business ownership, and become connected to local resources. As part of each session, participants met established small farm operators who are “living the dream” and shared their experiences and recommendations.

---

**4-H Program Impacts All Iowans – STEM Initiatives**

Osceola County embraces the 2011 Annual Report theme “People Advancing People”. 4-H programs emulate this statement engaging all ages through volunteer leaders, youth participants and projects involving community members and organizations.

‘Rapid student impact’ is the mantra of the Governor’s STEM (science, technology, engineering, mathematics) Advisory Council this year. The selection of six regional network hubs was announced in May promoting STEM education and economic development across Iowa - a public-private partnership whose overarching goal is creating greater student achievement in STEM subjects and a stronger STEM workforce. Cheryl Heronemus and Wade Weber both serve as regional advisory council members for the Northwest Iowa hub.

Opportunities abounded this summer for youth to attend regional 4-H camps focusing on Vet Science and STEM initiatives.

Keep up to date with all news and events from Osceola County at www.extension.iastate.edu/osceola.

**Osceola County Extension**

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:

- Economic Development
- Food and the Environment
- Health and Well-being
- K-12 Youth Outreach

**Council Members**

Dan Breuker
Kent Rusche
Becky Krogman
Nancy Nasers
Brenda Thole
Tim Hibma
Laurel Klaassen
Kim McDougall
Todd Ackerman

---

The U.S. Department of Agriculture (USDA) prohibits discrimination on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, political beliefs, religion, sexual orientation, genetic information, pregnancy, or because all or part of an individual’s income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audio tape, etc.) should contact USDA’s TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410, or call 1-800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

December 2012