

ENVIRONMENTAL QUALITY



Buechel Appoints Fond du Lac County Groundwater Advisory Council – Diana Hammer Tscheschlok

Fond du Lac County's Groundwater Quality Advisory Council appointed by Allen Buechel is currently studying different aspects of water contamination and will make recommendations to the County Board on ways to respond which can help preserve both water quality and the high quality of life in this County.

So far, the Council has heard presentations on:

- Wellhead protection planning that municipalities can do to protect high-capacity wells
- A well abandonment program that the County could administer to properly seal unused wells
- The potential that new homes and wells are being built on former landfill sites and ideas for preventing that possibility
- Land spreading of manure, septic, industrial, and municipal waste
- Ideas for Improving Groundwater Information & Evaluating Local Groundwater (*Wisconsin Natural History & Geological Survey; Badger Well Drilling*)

The public is invited to attend to listen and give input. The remaining meetings are:

- **Thursday, June 26th**: Groundwater Specialist positions (*Calumet County*)
- **Thursday, July 24th**: Review of presentations and forming recommendations

Each meeting is held in the Fond du Lac City-County Government Center, 160 S. Macy St., Fond du Lac, in Rooms F & G on the first floor at 6:30 pm. For more information, contact Council Co-Facilitator, Diana Hammer Tscheschlok, UW-Extension, 920.929.3173.



Spring Master Gardener Basic Training Program – Mike Rankin

Twenty-three individuals recently completed the spring UW-Extension Master Gardener Basic Training Program in Fond du Lac County. The program is an intense 13 week (36 hour) training that gives individuals background knowledge in successfully growing and maintaining adapted vegetables, flowers, landscape plants, trees, turf, and native species. Each trainee then must pass a written test at the completion of the program. Those who successfully meet the requirements of the program become active members in the Fond du Lac County Master Gardener

Association. Members of the Master Gardeners are required to maintain an annual commitment of 24 hours of community volunteer time and 10 hours of continuing education. They maintain a number of the gardens on the UW Fond du Lac campus along with various gardens in the community. They also answer many of the horticultural questions that come into the UW-Extension office. Their commitment to the community and UW-Extension is invaluable.

STRENGTHENING FAMILIES



Functional Foods: Opportunities and Challenges – Nan Baumgartner

Consumer interest in the relationship between diet and health has increased over the past few years. Consumers are interested in taking greater control of their health through the food choices they make, knowing some foods can provide specific health benefits. The Home and Community Education organization sponsored a program on functional foods taught by UWEX. It explored common functional foods and the role they have in health. By way of definition, functional foods are simply a convenient way to describe foods or their components which may provide a health benefit beyond basic nutrition. In other words, *functional foods do more than meet your minimum daily requirements of nutrients – they also can play a role in reducing risk of disease and promoting good health.* Food technology and improved nutrition have played critical roles in the dramatic increase in life expectancy over the past 200 years, but the impact of diet on health is much broader than basic nutrition. A growing body of evidence documents positive health benefits from food components not considered nutrients in the traditional definition. One hundred years ago, scientists had discovered only a few vitamins. Seventy-five years ago, we knew about vitamins and were learning about vitamin deficiency diseases. Today, we are learning about the health benefits that come from other compounds in food.

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