

# IOWA STATE UNIVERSITY

## University Extension



### Mills County Extension

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### Mills County Extension

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*Get inside Extension and discover how we support healthy people, healthy environments, and healthy economies. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Mills County a better place to live. You'll be amazed at what we do.*

David Anderson  
*Extension Council Chair*

Sherry Ford  
*County Extension Education Director*

### Staff Serving Mills County, but based in other counties

Pat Anderson, Families

MaryBeth Kaufman, Families

Mary Hughes, Families

Tim Eggers, Farm Management

Darrell Busby, Livestock

Kyle Jensen, Agronomist

Shawn Shouse, Ag Engineering

Eldon Everhart, Comm. Horticulture

Jane Hayes-Johnk, Youth

Clark Bredahl, Media Relations

Steve Adams, Communities

### Passing on Environmental Stewardship to Present and Future Caretakers



Tree Stewardship, Rain Garden Development, Pasture Management, and Wildlife Management workshops were offered to help participants learn how to better utilize and protect their surrounding natural resources. Regardless of the topic, clients learned that it is vital to research options for their situation before implementing the best action plan. ISU professors and staff provided leadership for these educational opportunities.

In partnership with the Iowa 4-H Foundation and Mills County Farm Bureau, Mills County youth discover their natural environment. Throughout the year, elementary students learn how pumpkins grow, explore life on a farm, bake wheat bread, experiment with BT corn, and experience the prairie of the Loess Hills. Youth discover how agriculture directly impacts their lives through hands-on activities in a wide variety of settings outside of the regular classroom.



**6<sup>th</sup> grade students explore soil conservation with DNR representative**

## Mills County Extension Council

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.

### Mills County Extension Council

David Anderson, Chair  
Gary Smith, Vice-Chair  
Nancy McGrew, Secretary  
Barbara Mass, Treasurer  
Matt Biermann  
Maxine Crossley  
Arnold Frazee  
Nancy Lincoln  
Angela Phillips

We have identified these local issues as priority topics for current and future programming:

- Outreach to new residents
- Acreage owner education
- Family financial education
- Identify and share resources for elderly and retired populations
- Youth career guidance
- Quality 4-H/Youth program
- Assist new farmers
- Be a resource link for entrepreneurs



We connect you to Iowa State University. We are your local link to make connections for campus enrollment, continuing education, campus visits, campus exhibits, conferences, camps, and sporting events.

... and justice for all  
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October 2008

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## Building Quality Leadership

4-H youth development is an important part of the Extension program. Adult volunteers are vital to the growth and development of these youth. 4-H leaders participated in training sessions that focused on improving communication and leadership skills. Leaders incorporate their learning into 4-H meetings with youth, increasing the overall quality of the experience for 4-H families. New clubs are being formed in alternative settings such as after school or as special interest groups. This allows the program to serve more youth, and helps them gain a stronger sense of belonging in their communities.

## Promoting Healthy Economies

Annie's Project is a program developed to empower farm women to be effective decision makers in their business operations. The program includes brief presentations and extended discussions with female agricultural professionals. The mission of Annie's Project is to help participants further develop business acumen by building partnerships through networks, and managing and organizing critical information.



Participants utilize farm management software to make business decisions



4-H Leaders work together to solve problems at a volunteer training

## Partnering for Entrepreneurs

The Mills County Entrepreneur Team (E-Team) was formed in partnership with community and business members interested in providing resources and expertise for potential entrepreneurs. Funding received through IWCC helped this group begin developing tools and networks to assist new and growing small businesses. ISU Extension provides staff and resources to continue the growth of this pioneering effort.

## Strengthening Healthy Lifestyles

Nearly 1,000 elementary and middle school students continue to strengthen their health as they participate in physical and nutrition activities. This curriculum was developed for the schools over the past four years by ISU/Mills County Extension. Over 70% of the youth involved in the activities continue to report that they are maintaining a moderate level of activity, or have increased their levels of activity. Teachers report the curriculum is very effective, and they plan to continue to implement core pieces of it in each of their classes.