

# IOWA STATE UNIVERSITY

## University Extension



### Carroll County Extension Staff

Terry Torneten

*Regional Extension Education Director*

Anjanette Treadway

*County Youth Coordinator*

Julee Grell

*Office Manager*

Mark Licht

*Extension Field Agronomist*

Earl McAlexander

*Youth Field Specialist*

Tom Duncan

*Program Coordinator*

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

Kris Kohl

*Agriculture Engineering Field Specialist*

Renee Sweers

*Nutrition & Health Field Specialist*

Jerry Wiess

*Swine Field Specialist*

Dennis De Witt

*Livestock Field Specialist*

Jan Burk

*Family Resource Management Specialist*

Tom Olsen

*Farm Management Specialist*

Dr. Christine Mondak

*Dairy Field Specialist*

Dr. Eldon Everhart

*Commercial Hort Field Specialist*

Abbie Gaffey

*Western Communities Field Specialist*

### Carroll County Extension

1205 W. US Hwy 30, Ste G

Carroll, IA 51401

Phone: (712) 792-2364

Fax: (712) 792-2366

[www.extension.iastate.edu/carroll](http://www.extension.iastate.edu/carroll)

*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 Carroll County a better place to live. You'll be amazed at what we do.*

Esta Raasch

*Extension Council Chair*

Terry Torneten

*Regional Extension Education Director*

### Serv Safe offered in Carroll

21 foodservice professionals from local restaurants, health care and schools participated in an all day Serv Safe Training in July. Participants learned about all aspects of safe food handling including microorganisms, hand washing, personal hygiene, cooking and serving temperatures, and



facility sanitation. Participants received Serv Safe Certification by successfully completing the National Restaurant Association Serv Safe certification exam at the end of the course.

### 50 Youth complete Babysitting Workshop

Every year a babysitting workshop is held at the Carroll County Extension office. This 2-day workshop is offered for youth in grades 4-7 interested in becoming a better babysitter. Sessions offered during 6 hours of education include Safety, Fire Safety, First Aid, Marketing, Infant Care, Child Development and of course, fun. Presenters include the Carroll Ambulance, Fire Department, Police Department, Community Opportunities, and Extension staff.



## Carroll 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.

Members of the Carroll County Extension Council: Esta Raasch, Tom Stringer, Ralph von Qualen, Clete Windschitl, Bary Kienast, Kevin Boyle, Rhonda Bock, Ethel Watson and Becky Eischied.

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

- Competitive information for Agriculture
- Families and Consumers
- Business and Economic Development
- Youth Opportunities
- Quality Childcare
- Water Quality/Nutrient Management



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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 2009

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## Babysitting Workshop (continued)

Participants learn ideas to make their experience on the job more enjoyable and safe. A database of available, trained babysitters is kept on file at the Extension office. 50 Carroll County youth participated in the 2-day workshop.

## Healthy Meals in a Hurry

108 participated in 4 "Healthy Meals in a Hurry" workshops that have provided quick meal ideas for those who lack time, motivation or ideas of how to prepare healthy meals for their families. Guidance to lower sodium and fat in meals was included in the 14 main dish recipes that are low cost and quick to prepare to "eat now" or freeze to "eat later". In follow-up evaluations, 90% of participants had prepared and liked recipes from the publication.



## Managing Tough Times

The economic downturn affects many Northwest Iowa families. ISU Extension designed web sites and resources to help families, businesses, and communities tackle tough times today and tomorrow.

[www.extension.iastate.edu/toughtimes](http://www.extension.iastate.edu/toughtimes)

## Crop Advantage Series Garners Clientele Value

Crop producers desire information on crop production that includes production, protection and marketing topics. Additionally, new pest problems develop, or technology changes each year making it necessary to continually seek out current information from unbiased, trustworthy sources. In January 2009, 156 individuals attended the Carroll Crop Advantage Series. This conference has become a trustworthy source of research-based information. Attendance in the Carroll location has dramatically increased from 2007 to 2009.



## Spend Smart. Eat Smart.

This ISU Extension web site helps people learn more about their food-shopping practices, and changes they could make to save money and eat healthier. A variety of options and interactive activities are available, including short food preparation how-to video. [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings) Recently, 53% of site users rated it "excellent". 53% used the cost of food at home calculator option. 79% adjusted one or more food buying habits. 85% increased their food buying skills. 83% increased their ability to identify and include nutrition foods in the family diet.