



## County Extension Staff

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## Lyon County Extension

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*Iowa State University Extension in Lyon County provides relevant programs that 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 Lyon County a better place to live.*

Dennis Winkowitsch  
*Extension Council Chair*

Al Grigg  
*County Extension Education Director*

## Healthy people in Lyon County



Sixty Lyon County residents participated in a series of programs that prepared them to make healthier, safer food choices. Sixty-five residents received a monthly newsletter - Chef Charles - through their congregate meal site. A number of county residents received fresh produce grown at the Iowa State University Demonstration Garden. Eating healthy is a challenge for

many, particularly for households of one or two. Addition Lyon County residents received the monthly *To Your Health* newsletter, and answers to their questions about the preparation, preservation and safe handling of food from ISU Extension.

## Healthy environments in Lyon County



NW Iowa No-till Conference - Sediment continues to be the major source of pollution for Iowa surface waters, cropping practices contribute to loss of topsoil. Iowa lags many of the other states in the Corn Belt in the number of acres under no-till production. To help prepare crop producers to

successfully implement no-till practices a conference was held each of the last two winters. 300 participated.

First year participants provided examples of benefits noticed from no-till, including time savings, less erosion, moisture savings, reduction of fuel costs, improved soil tilth, increased stress tolerance, good emergence, etc. Over 7,000 additional no-till soybean acres were planted in 2006 by survey participants, averaging an increase of just less than 220 acres per person who responded to the survey indicating and increase of no-till planting.



## Lyon County

### Extension Council

Dennis Winkowitsch, chair  
Diane Peters, vice chair  
Arlys Rozeboom, secretary  
Bob Tilstra, treasurer  
Bruce Bonander, council member  
Jo DeJong, council member  
Jerry Sandbulte, council member  
Gary Twedt, council member  
Susan Wiertzema, council member

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:

- Community Economic Development
- ISU Student Recruitment
- Environmental Issues
- Youth Education

## Iowa State University Extension: In sync with Lyon County

### Healthy economies in Lyon County



Approximately 417 families and 710 children in northwest Iowa have benefited from the improvements that have been made in these day care settings.

Quality childcare continues to be a major program effort in Iowa. Extension Family life staff in NW Iowa have been working with home providers and childcare center staff to improve the quality of care of children in NW Iowa. This past year 60 home providers and 41 day care center staff received training to learn how to evaluate and make plans to improve the quality of their programs.

### 4-H & Youth Programs in Lyon County



217 youth were enrolled in 11 4-H clubs led by 18 volunteer leaders during the 2007 enrollment year. Workshops held throughout the year included: photography, sewing, dairy, & beef, having a total of 37 participants. 26 junior 4-Hers participated in 2 Junior Camps, 6 intermediate & 7 senior 4-Hers attended or were leaders at area or state 4-H events. 164 members or 75% of the county 4-Hers finished the year by exhibiting at the Lyon County Fair. Enrichment classroom experiences were offered in three school districts, with 387 students participating in school enrichment activities through Iowa State University at all grade levels. The Clover Kids program was very successful with 92 youth participating in Kindergarten through 3rd grade in all public schools in the county.

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### Lyon County Commemorates Iowa State University's 150 Years



**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.



month of October, 4-H members donated to the Lyon County Food Pantry.

ISU Extension initiated community service projects in every county to celebrate Iowa State University's 150 years.

In Lyon County, the ISU Demonstration Garden served as a catalyst to "fight hunger in Lyon County." Fresh produce was made available to households of one or two, elderly households, and low resource households. During the