

IOWA STATE UNIVERSITY

University 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 Page County a better place to live. You will be amazed at what we do.

Doug Apperson

Extension Council Chair

Heidi Carter

County Extension Education Director

Clarinda Academy charters new 4-H club

Clarinda Academy is a residential facility that provides treatment and shelter care to at-risk and delinquent male and female youth from many states. Several girls asked the counselors about belonging to a club where they could learn more about their hobbies and also find new ones.



With help from Debbie Swanson, Page County Youth Coordinator, the Clarinda Academy began a 4-H club called the Lady Eagles. Community volunteers led workshops in sewing, baking, and photography. Besides participating in workshops, the girls also exhibited projects at the Page County Fair. Six Lady Eagles entered pies in the cherry pie

contest, and two of them received second and third place. All the girls agreed that 4-H is fun and teaches cooperation and teamwork. One Lady Eagle said that after she is released she will look into a 4-H club close to home, because "it will help me stay out of trouble."

Setting limits without guilt

Effectively disciplining young children is a challenge for child care providers and parents. Often adults feel like they are over reacting to or giving in to a child's demands. To lessen this struggle, Page County Extension and the Corner Counties Empowerment





Paul Bangston, Phil Gibson, Doug Apperson, Marvin Reents, Diann Anderson, Ann Meyer, Donna McClain, and Diane Ferguson, not pictured Van Price

Page 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.

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

- Farmland leasing
- Consumer horticulture
- 4-H Afterschool programs and community clubs
- Parent education



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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Setting limits without guilt continued

Area contracted with Karen Hickman, Loving Guidance, Inc., to present two workshops in Shenandoah.

In the afternoon session, child care providers learned how to discipline children in a positive manner to yield lasting changes in behavior and help children use the problem solving part of their brain. In the evening session, parents learned how to maintain their composure and set effective, fair limits and practiced giving commands children will listen to and obey.

According to evaluations, more than half of the child care providers stated they would make changes to their work routines, and more than two-thirds of the parents expressed they learned ways to maintain their self control.

Winegrape 101 grads add to industry growth

Since 2000, Iowa's wine industry has grown from 5 vineyards to more than 384, and the number of licensed wineries has increased from 13 to 70. Still, Iowa wineries need to import about half of their grapes and juice to supply their needs.

To support this demand, Page County Extension offered the first "Commercial Winegrape 101" class in southwest Iowa. Mike White, ISU



Extension Viticulture Specialist, taught winegrape production, management, and costs. Guest speakers from Iowa wineries joined the class for the inside view and wine tasting.

There were 31 participants from six counties in Iowa and two in Missouri.

At the end of the course, 12 participants had plans for planting winegrapes, and 9 were considering a winery in the future.

Home owners learn proper pruning techniques

In response to a destructive ice storm that damaged many trees and shrubs, Page County Extension and the Clarinda chapter of Trees Forever sponsored a pruning workshop.

While homeowners could not clean up large, split trees, Dr. Eldon Everhart, ISU Extension Commercial Horticulturist, could explain how to



salvage smaller damaged plants.

Everhart described how much to prune, proper pruning techniques, aftercare of pruning, and needed tools. After the discussion, participants watched Everhart prune trees and shrubs on the county fairgrounds and asked more in-depth questions.

One participant remarked, "I've learned that pruning is more than just going out and hacking off branches. Trees that are properly pruned are more resistant to storm damage, and shrubs also need pruning to maintain shape and stimulate flowering."