

IOWA STATE UNIVERSITY

University Extension



County Extension Staff

Coletta Weeda

County Extension Education Director

Jan Henningsen

County Youth Coordinator

Jean Halbur

Office Assistant

Staff Serving Crawford County, but based in other counties

Beth Doran

Beef specialist

Abbie Gaffey

Community Economic Development specialist

Eldon Everhart

Commercial Horticulture specialist

Julie Hlas

External Relations specialist

Kris Kohl

Agricultural Engineer specialist

Mark Licht,

Field Agronomist

Earl McAlexander

Youth Development specialist

Chris Mondak

Dairy specialist

Merle Pochop

CIRAS

Tom Olsen

Ag Business specialist

Dave Stender

Swine specialist

Renee Sweers

Family Nutrition & Health specialist

Kris Williams

Family Resource Management specialist

Crawford County Extension

35 South Main Street

Denison, IA 51442

Phone: (712) 263-4697

Fax: (712) 263-3366

www.extension.iastate.edu/crawford

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

Shirleen Jepsen

Extension Council Chair

Coletta Weeda

County Extension Education Director

Healthy People

Lunch & Learn sessions were started in February 2008 to share meaningful educational opportunities over the lunch hour. Family field specialists presented topics on eating healthy with quick meals, understanding MyPyramid in relation to caloric intake and physical activity,



stretching your budget, reducing materialism in gift giving, and activities to keep children busy in the summer. Business women enjoyed the time to eat lunch and learn about an interesting topic. In response to a questionnaire, over half the respondents replied they probably would not have come back to town for an evening presentation on this

topic. Other topic ideas suggested included diabetic diet, identity theft, depression, financial concerns, grilling and other nutrition ideas. From this list, a schedule of Lunch & Learn sessions was planned for September 2008 until June 2009.

Healthy Environments

Master Gardeners beautify

Denison Master Gardeners continue to keep the planters in uptown Denison planted with beautiful annuals and perennials. Their Adopt-A-Planter project involves Master Gardeners and other community members interested in keeping the community looking beautiful.





Doug Gronau, Extension Council member, grills porkburgers for youth attending Ag Day.

Crawford 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:

- Youth Development
- Financial issues – personal/family & farm
- Healthy Lifestyles



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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[Master Gardeners] continued

During the spring, deep purple petunias were planted in the 72 planters along Broadway and Main Streets with golden zinnias planted in the four nodes at the intersection of those two streets. Other perennials (tulips, daffodils, and knock-out roses) have been planted in the nodes for color throughout the seasons. Several Master Gardeners designed a layout using red knock-out roses, blue delphiniums and white daisies for the Military Garden located on the fairgrounds. They also directed the planting of 20 maple trees in eight communities in the county. Master Gardeners have been instrumental in beautifying Crawford County.

Healthy Economies

Risk Management addressed with Farmland Leasing Landlords and tenants heard the same information about the latest land value and cash rent surveys. With increasing input costs and fluctuating crop prices, tenants and landlords were introduced to flexible leases where rent may change depending on the price and yield experienced. Grain prices, crop production costs and



maintaining soil fertility were also stressed. Fifty-two individuals attended the workshop representing over 15,000 acres of farm ground. From the evaluations, a change they were likely to make was reviewing the soil test information with their landlord or tenant. Individuals greatly appreciated the *Farmland Leasing*

2008 booklet they received as a part of the workshop. The leasing booklet includes various surveys (farmland value, cash rental rates, custom rate, etc.), examples of different leases, notice of termination, and worksheets to help calculate flexible lease arrangements.

Positive Youth Development

Crawford County has 268 4-H members who are gaining leadership, citizenship, communication and life management skills through their 4-H experience. Clover Kids (kindergarten to third grade) groups were held in six communities with 3 sections in Denison to reach about 100 youth



learning and having fun. Even though Crawford County is rural, many of our youth don't know the importance of agriculture in their lives. Iowa State University Extension partnered with Farm Bureau to teach 276 Crawford County 7th graders about water pollution, soil testing, corn & soybean production, dairy, beef, grain safety and adding value to corn and soybeans. Twelve youth learned the basics of machinery operation, backing implements and on-road safety participating in Tractor and Machinery Safety Course. Students who had completed certification in previous years helped with hands-on driving experience.