

IOWA STATE UNIVERSITY

University Extension



Allamakee County Extension

21 Allamakee Street
Waukon, IA 52172
Phone: (563) 568-6345
Fax: (563) 586-6346
www.extension.iastate.edu/allamakee

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

Dave Heitman
Extension Council Chair

County Extension Staff

Brenda Ranum
Regional Extension Education Director

Kris Fahey
County Youth Coordinator

Julie Christensen and Lana Dahlstrom
Office Assistants

Teresa Wiemerslage
*Region 4 Program & Communications
Coordinator*

Staff Serving Allamakee County, but based in other counties

Dan Lane
Region 4 Ag & Youth Coordinator

Craig Chase
Farm Management

Dale Thoreson
Dairy, Beef and Forages

Brian Lang
Agronomist

Mark Storlie
Swine

Bob Hauer
Horticulture Program Assistant

Patrick O'Malley
Commercial Horticulture

Kapil Arora
Ag Engineer

Erin Ludwig
Family Resource Management

Cindy Baumgartner
Nutrition and Health

Beverly Berna
Family Life

Joe Papp
CIRAS/Business & Industry

Judy Isaacson
External Relations

Healthy People

The NE Iowa Food & Fitness Initiative (FFI) has laid the groundwork to improve the policies, practices and systems that determine how food arrives on our tables and how our communities can grow opportunities for physical activity for all. Food & Fitness is a national initiative of the W.K. Kellogg Foundation. They have invested in collaborative efforts among Allamakee, Clayton, Fayette, Howard and Winneshiek counties to change the policies, practices and systems that prevent communities from being healthy.



ISU Extension played a key role bringing organizations and community members together from the arenas of economic development, public health & hospitals, schools, colleges, DNR, county conservationists, churches, government officials, food producers, youth and parents. Over 1000 people have been actively involved in the planning process. Although planning has been the key focus to date, change is already underway.

Youth engagement has been a key component and a Youth Engagement Coordinator was hired a year ago. School-based Food & Fitness youth teams started forming in Fall 2008.



Postville High School FFI Team

In April, the youth held a conference and 110 students from 11 schools attended. As of September, 12 in-school teams are active. Their actions are leading to system change in our schools, including modifications to school menus (such as adding salad bars) and working with booster clubs to put healthier food options on their menu.

Allamakee 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.

Dave Heitman, Lansing
Tom Heim, New Albin
Michelle Donahue, Waukon
Carol Schreiber, Lansing
Greg Lage, Postville
Brad Kerndt, Lansing
Nita Grangaard, Waterville
Ken Winke, Waukon
Steve Hanson, Harpers Ferry

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

- Positive Youth Development
- Farm Profitability
- Natural resource conservation
- Low-income tax assistance
- Rural community vitality



**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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Healthy People. Environments. Economies.

Healthy Environments

Fitness Environment Inventory

Volunteers helped create inventories of indoor and outdoor infra-structure in their communities, including playgrounds, parks, recreation centers and trails. Luther College students helped gather assessment data around school playgrounds and sidewalks. By developing quality relations, people shared information about our local food and fitness environments and gathered data on what isn't known. This has led to better and more focused planning and the start of extensive collaboration and innovation in NE Iowa.



Changing Environment . . . Using Local Research to Max Profits



Over forty years of prior sulfur (S) fertilizer research in Iowa had rarely noted improved corn and alfalfa production. However, from 2005 to the present ISU Extension conducted over 40 local on-farm trials in 15 counties across Northeast Iowa and identified numerous cases of S deficiency, and yield responses to S

fertilization for these two crops. Clean coal, less land fertilized with manure and other related issues have greatly reduced the amount of S deposited onto cropland. This research is working to define and refine decision making tools on when S fertilization is profitable. Extrapolating the results of these 40+ trials show the potential for proper use of S in corn and alfalfa production in northeast Iowa to net over \$15 million dollars a year.

Healthy Economies

Volunteers Provide Free Tax Preparation For Low to Moderate Income

Trained community volunteers provided free tax preparation and electronic filing for low-to-moderate income families in the northeast Iowa area. ISU Extension – Allamakee, with the assistance of grant funds, provided the room, equipment, supplies and staff to take appointments necessary to have a Volunteer Income Tax Assistance (VITA) site in Waukon. The VITA site helped ensure that income was captured through special credits, such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly for which most low-income wage earners qualify for.

More than \$122,000 in credits and refunds were returned to the pockets of 83 Waukon area residents. ISU Extension also partnered with AARP to establish a new VITA site in Postville. With grant funds, ISUE provided the equipment and scheduled appointments in Postville where 42 persons took advantage of this free tax preparation service.

*"It helped because I am unemployed and didn't have the funds to get them done."
—Waukon resident*

*"This service brought assistance to me as well as disposable income which will be spent in the local area which also serves the larger community. Thank You!"
—Waukon resident*