

# IOWA STATE UNIVERSITY

## University Extension



### Ringgold County Extension

101 N. Polk  
Mount Ayr, Iowa 50854  
Phone: (641)464-3333  
Fax: (641)464-3333  
[www.extension.iastate.edu/Ringgold](http://www.extension.iastate.edu/Ringgold)

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

### County Extension Staff

Judy Hensley  
*County Extension Education Director*  
Dawn Dugan  
*County Youth Coordinator/ Office Assistant*  
Joyce Lash  
*Families Resource Management Program Specialist*

Karen Pettinger  
*Extension Council Chair*

Judy Hensley  
*County Extension Education Director*

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

Steve Adams  
*Community Development Specialist*  
Clark Bredahl  
*External Relations*  
Matt Deppe  
*Regional Extension Education Director*  
Donna Donald  
*Families Program Specialist*  
Tim Eggers  
*Farm Management Program Specialist*  
Eldon Everhart  
*Commercial Horticulture Program Specialist*  
Barb Fuller  
*Nutrition and Health Specialist*  
Karen Pattison  
*Youth Development Program Specialist*  
Aaron Saeugling  
*Crops Field Specialist*  
Joe Sellers  
*Livestock Field Program Specialist*  
Shawn Shouse  
*Ag Engineer Program Specialist*

### Healthy People Nest and Parent Education

Parents and their children under 18 months benefit from parenting classes as well as earn items for the child. Monthly educational topics, in partnership with Parents As Teachers, provides opportunity for the parents to better understand developmental milestones and to enhance the interaction they have with their children. Forty families participated in programs benefiting 43 children.



Families learned about living green, safety, food and nutrition, using games and puzzles, sensory motor exploration, and healthy living in their

lessons. Parents reported improved healthy family functioning, problem solving, better communication skills, maintained or improved social supports, increased knowledge about child development and parenting, as well as having greater nurturing and attachment between parent and child.

### Impact of ISU Extension Programming

Local farmers and commercial manure applicators benefitted from local programming. Aaron Saeugling, Crops Field Specialist, provided programming that was useful by saving time and money to meet educational requirements. Having the classes locally allowed 54 to attend the PPAT classes and 55 updated or became certified to do confinement or commercial application through programming from ISUE campus staff.



Ron Landphair, Amy Whittington, Jeff Fletchall, Karen Pettinger, Bonnie Larson, Naomi Dolecheck, and Trent Johnston.

Not pictured are Shelly Bentley and John Thorpe

## Ringgold 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
- Agriculture Education
- Parenting
- Healthy Families



**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

### Clover Kids



Ringgold County youth in Kindergarten through 3<sup>rd</sup> grade are Clover Kids in the local 4H Club or in the county-wide group which meets monthly in the Extension office. The county wide group learned about fabrics, sewing, and constructed items such as a sleeping bag, pillow, apron, school mascot, pillow cases, bandana pillow, fleece hat and a neck cooler. The youth learned life skills and had really neat items they could personally use or share with others. It allowed them to improve their communication skills, develop small motor skills, and mastery of working with cloth to create an item that would be useful.

## Healthy Economies

### Grazing Clinic

Iowa State University Extension staff and NRCS staff presented an informational program for cow/calf producers and area business owners relating to best practice for grazing and grass management. The program shared research based information with practical advice that enhances the bottom line for livestock profitability and working with wildlife.



## Healthy Economies

### Horizons

Community members from several Southwest Iowa counties met at the Ringgold County Extension meeting room to learn about Horizons and how it has a proven track record of improving communities through home grown projects and or activities focusing on what can be done to make a positive impact to curb poverty. The North Central Community Foundation, along with ISU Extension Field Specialist Joyce Lash, helped attendees learn about the differences they can make in communities by identifying strengths and working as a team with all sectors of the community to bring about positive change. The Mount Ayr teams identified building a volunteer network via the internet so when a need arises those wanting to be involved can be contacted. The effort continues to meet the needs of Ringgold County and Mount Ayr.

## Healthy Environments

### Grooming Clinic

Nineteen Ringgold County 4H members participated in a week-end of educational activities to assist them in better caring for their beef animals, meeting animal nutritional needs and to prepare for the show ring experience at the county fair or out-of-county events. The program was co-sponsored by Farmers Coop and Ringgold County 4H with leadership given by Dawn Dugan, CYC, and Beef Superintendent Andy Dugan. Hands on learning assisted each 4H'er to improve their skills as well as increase confidence in working with their animal.

