



## Adair County Extension

202 S 1st Street, Suite B • Greenfield, IA 50849

Phone: (641) 743-8412 • Fax: (641) 743-0023

Website: [www.extension.iastate.edu/adair](http://www.extension.iastate.edu/adair)

*Iowa State University Extension in Adair 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 Adair County a better place to live.*

### Adair County Extension Staff

Deb Hall

*County Extension Education Director*

Donna Wallace

*Administrative Assistant-Youth*

Kathy Rohrig

*Administrative Assistant-Ag*

Angie Powell/Andrea Rich

*Office Assistants*

Nina Utterback/Leslie Russell

*Parent Educators*

*Elizabeth Baudler/Amanda Miller*

*AmeriCorps Members*

### Staff Serving Adair County but based in other counties

Alan Ladd, *Southwest Area Director*

Steven Adams, *Communities*

Lynn Adams, *Communities*

Clarke Bredahl, *External Relations*

Darrell Busby, *Beef*

Donna Donald, *Family Life*

Tim Eggers, *Farm Management*

Eldon Everhart, *Commercial Horticulture*

Abbie Gaffey, *Communities*

John Kennicker, *Crops*

Lee Kilmer, *Dairy*

Joyce Lash, *Family Resource Management*

Joe Papp, *Business & Industry*

Ray Reynolds, *4-H Youth Development*

Joe Sellers, *Livestock*

Shawn Shouse, *Ag Engineer*

Jerry Weiss, *Swine*

John Havens

*Extension Council Chair*

Deb Hall

*County Extension Education Director*



### Healthy People Starts with Healthy Kids

Increasing physical activity and improving on nutrition choices can go a long ways in building a healthy future for our kids. Teen Food and Fitness Ambassadors from Adair County helped conduct a statewide Food and Fitness Craze training. They modeled what they taught others by leading nutrition activities at Clover Kids, organizing day camps featuring nutrition information and physical activities, and even

creating special labels for grocery store aisles pointing out snacks that are low in fat and sugar. Youth involved in these educational activities reported they liked the snacks featuring fruits and vegetables and would play the active games they learned in other group settings and at home.



### Healthy Environments Working with Pesticide and Manure Applicators

Responsible use of pesticides is the primary goal for commercial and private pesticide applicator training. More than 230 area producers and professional applicators took advantage of the special training sessions and learned how to identify new insect, disease,

and weed pests in order to select appropriate control mechanisms. Environmental protection is the main focus, but personal safety and health are also important elements of the training program. Private pesticide applicators received an added health bonus as Adair County Home Care provided free on-site blood pressure checks prior to each training session. In addition to training for pesticide applicators, special programs for confinement site and commercial manure applicators were held. These programs attracted 54 manure applicators. The training stresses the importance of manure management plans and application practices and procedures to capitalize on the nutrients of animal waste in crop production while at the same time protecting the environment by reducing run-off and leaching.