

# RISING STAR

INTERNSHIP PROGRAM

## 2019 SUMMER REPORT

### Region 1

**Counties of Clay, Dickinson, Lyon, O'Brien, Osceola, Sioux**

**Regional Director: Cheryl Heronemus**

Iowa State University Extension and Outreach Rising Star Internship

[www.extension.iastate.edu/countyservices/rising-star-internship](http://www.extension.iastate.edu/countyservices/rising-star-internship)



**Natalee Dippel**

College of Agriculture and Life Sciences, Agricultural and Life Sciences Education, Teacher Certification  
*from Belmond, Iowa*



**Alyssa Rosenbaum**

College of Agriculture and Life Sciences, Horticulture and Culinary Food Science  
*from Sioux City, Iowa*



**Madeline Robinson**

College of Liberal Arts and Sciences and College of Human Sciences, Liberal Studies with Professional Field in Human Development and Family Studies  
*from Cedar Rapids, Iowa*

### Introduction

The Region 1 Rising Star Interns joined forces in Sheldon, Iowa, to spend their summer implementing youth programs, planning events, maintaining community gardens, and much more! From May 15 to August 1, interns served six counties in Northwest Iowa under the direction of Regional Director Cheryl Heronemus. This internship provided each of them with new insights and experiences within extension. Rising Star Interns would like to thank everyone who made this internship possible and all of the extension staff who worked closely with them throughout the summer. The Region 1 Interns look forward to practicing their newly developed professional and personal skills in future endeavors.

**IOWA STATE UNIVERSITY**  
Extension and Outreach

## Bite by the Barn

The Rising Stars helped Clay County with Bite by the Barn, an educational activity for adults to participate in at the Clay County Fair. As interns, the Rising Stars were responsible for assisting with marketing and getting the word out to people who may be interested in this program. The target audiences were adults who had a curiosity about agriculture but did not know where to start learning.



Rising Stars also put together a pre-activity to get the participants thinking about agriculture to help prepare them for the actual event. The pre-activity consisted of three categories: beef production, dairy production, and both agronomy and horticulture. Participants then answered a short series of questions based on the videos and infographics provided in the activity.

To get the word out about this event, Rising Stars spoke to both the Clay County Fair Board and the Spencer Agriculture Committee. They spoke about the event and handed out invites to recruit participants for Bite by the Barn. This opportunity allowed interns to gain speaking, marketing, and curriculum development skills while also promoting agriculture.



## Beginner Gardeners: Sibley & Orange City

Every Wednesday and Thursday morning, the interns have implemented Beginner Gardeners program at the Bright Beginnings Daycare in Sibley as well as the Orange City Area Daycare. The theme for these gardens were “rainbow” with an emphasis on a different color each week and the benefits of eating fruits and/or vegetables of that color. The vegetables planted at the daycares included tomatoes, orange bell peppers, sugar snap peas, beets, and green onions.

Interns combined each of their strengths to work together and create unique lessons teaching the children a range of topics about gardening. Some of the activities included lessons on pollinators, taste testing sugar snap peas, veggie stamping, parts of a plant, nutrition, and more. The kids were so excited to watch their garden grow!

## Pollinator Garden: YMCA of Spencer

The Rising Star Interns spent their Tuesday afternoons in Spencer at the YMCA leading a pollinator garden with the Kids Club. Each week’s lesson was focused on different types of pollinators such as butterflies and bees. These lessons included fun crafts and games to assist with the learning. The kids also helped plant a pollinator garden where they were able to understand the basics of planting and the different types of plants that help pollinators.

## Donation Gardens

Throughout the summer, the Rising Star Interns helped in different donation gardens found throughout Region 1. These locations included, the Sibley and Sanborn Donation Garden along with the Rock Rapids Demonstration Garden.

At the beginning of the summer, interns helped plant and establish each garden. After that, they continued to visit each garden once a week to help maintain and up keep the space. This included weeding and watering. Towards the end of the summer harvesting was even experienced. Vegetables were picked, washed, weighed, and distributed to local food pantries in the area.







## Okoboji Bike-N-Bite

For the 2<sup>nd</sup> year in a row, Okoboji Bike-N-Bite took place. Bike-N-Bite involves biking to stops along the trail for food bites. Prior to the event, interns visited each business partaking in a food bite to help with marketing. They interviewed owners and employees to create short videos highlighting the unique dishes and features of each one. Interns enjoyed interacting with the Dickinson County businesses. These videos were then published to encourage more cyclists to sign up and give a preview of the bites to registered participants.

The day before the event, interns helped display directional signs throughout the bike path to guide riders throughout the day. On the actual day, June 8, the interns helped where needed. Alyssa helped distribute bites at one of the stops while Natalee and Madeline traveled to each stop to capture photos and interact with the cyclists. The event had almost 300 participants.

## PoP Club: Rock Rapids & Sheldon

PoP (Power of Produce Club) took place in Sheldon, Iowa and Rock Rapids, Iowa at the local farmers' markets from. Children ages 4-12 were able come every week on Monday to either location. Children attending the market would play a game or participate in a hands-on activity, taste test a new vegetable, and then receive a \$2 token to spend at the market. Kids were able to spend their \$2 token received from PoP Club on fresh produce from vendors.

Interns planned out an activity relating to local



produce for each week's club meeting. PoP Club helped encourage healthy life skills. Activities kids enjoyed the most were fruit and vegetable painting, planting zinnias, and guessing vegetables based off touch and smell.

Some of the vegetables taste tested included rainbow swiss chard, kohlrabi, sugar snap peas, along with many others. Region 1 Interns tried to pick vegetables that kids would not have had a chance to try before coming to PoP club. After the taste testing was complete, the children received their token. Vendors even took the time to set aside special \$2 portions for the participants.

At the end of the market, interns visited each vendor and collected tokens they had received from participants. Vendors were then reimbursed for the produce purchased. This gave interns the chance to interact with local growers. The goals of this program were to empower children to make healthy food choices, encourage children to try new fruits and vegetables, increase dollars spent at the farmers' market, and increase vendor revenue.

## Lakes Area Farmers Market

Two Saturdays during the internship, Rising Star Interns provided food samples made with recipes from the ISU Extension and Outreach *Spend Smart Eat Smart* website at the Lakes Area Farmers Market in Spirit Lake, Iowa. The two salads made were Summer Bounty Salad and Crunchy Cabbage Salad. The recipes were printed and provided at the market to take home. Many people enjoyed learning new ways to prepare everyday vegetables. All of the produce for the salads was purchased at the market, which promoted local foods and supported local vendors. Interns also learned new ways to cut and prepare different vegetables. Alyssa, Madeline, and Natalee made connections and interacted with both farmers market vendors and community members.



## Reflections

**Natalee Dippel:** Over the course of the past several weeks, the experiences and opportunities throughout this internship have exceeded my expectations. The Rising Star Internship has allowed me to take part in a one of a kind experiences by utilizing my previous knowledge in a professional setting and exploring potential career interests. These past few months have been full of positive, creative energy constructive for learning valuable skills where no two days are alike. As a Rising Star Intern, I have been able to further develop and grow not only as a person, but also as a future agriculture educator.

I came into this internship wanting to experience another aspect of Extension as a potential career path. Through our many different projects and opportunities to network with the public, I was able to do just that. This will be vital to my career growth.

I am eager to apply the knowledge gained this summer in my future endeavors not only in the classroom but in life. From the Rising Star Internship Program, I feel better prepared for my next adventure whatever that may be.

**Alyssa Rosenbaum:** Before starting this internship, I was unsure of what to expect. I have no previous background with extension and barely even knew what they did. This internship completely changed my view, as I

have found that I love working within extension. I never considered this as a career path for the future and this internship helped open opportunities I would have not experienced otherwise.

As a double major in Culinary Food Science and Horticulture, it is hard to find internships that have an even balance of both career paths. I was able to experience both sides of my major. Being a Rising Star has enforced my love for both gardening and local foods. This internship has taught me it is possible for me to work while still doing something I love and enjoy.

Overall, I have gained some of the most valuable experiences of my life. I have learned how to better communicate with supervisors, co-workers, and community members. Also, I have gained valuable leadership skills that will be vital for my future. Every experience or personal encounter I have had throughout the summer has provide me with a new skill that I believe will forever benefit me.

**Madeline Robinson:** Reflecting over the past summer has made me realize all the incredible opportunities I have had the privilege of experiencing through my work with extension. I never expected to gain this much experience with social media and public speaking. I feel much more confident going into my future career, as I will be able to speak confidently and market myself along with the organization that I will work for. It allowed me to reevaluate my strengths and weaknesses giving me a better understanding of my ideal career in the future. I now know that my strengths might be better suited for research instead of programming. Before starting this internship, I knew how to build curriculum, but I did not understand all the different parts that went into it. I have learned that planning, communication, and evaluation play a vital role in every program Iowa State Extension and Outreach implements.

Moving forward, I want to pursue a career in research that emphasizes community education. My next step will be to get my masters in either social work or public health, so I can continue to be involved in community health and wellbeing!

## ISU Extension and Outreach Rising Star Internship Program

2150 Beardshear Hall, Ames, IA 50011-2031

(800) 262-3804

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



Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. (Not all prohibited bases apply to all programs.) Inquiries regarding non-discrimination policies may be directed to the Diversity Advisor, 2150 Beardshear Hall, 515 Morrill Road, Ames, Iowa 50011, 515-294-1482, [extdiversity@iastate.edu](mailto:extdiversity@iastate.edu). All other inquiries may be directed to 800-262-3804. ADV.19.04E. May 2019



## Appendices

The Rising Stars in Region 1 were featured numerous times throughout the summer with their different projects and programs. Below are some quick links to access these articles, radio interviews, and other appearances.

### **Bike-N-Bite Northwest Review:**

[https://www.nwestiowa.com/discover/bike-n-bite/article\\_7ded929a-83d5-11e9-80cf-4b26a80768d7.html](https://www.nwestiowa.com/discover/bike-n-bite/article_7ded929a-83d5-11e9-80cf-4b26a80768d7.html)

### **Second annual ride features small bites from local businesses**

After a popular first foray, the Okoboji Bike-N-Bite is back for another lap around the Iowa Great Lakes on Saturday, June 8.

Iowa State University Extension and Outreach introduced the bike ride last year as a way to entice people to get out and ride, enjoy some exercise and promote some local establishments along the way.

"We didn't know what to expect last year. We thought it would be successful if we had 100 riders and we ended up with 240," said Sue Boettcher, human sciences program coordinator with ISU Extension and Outreach in Dickinson County. "We're hoping for around 400 this year. I don't know if we'll get there, but whoever is here will have a lot of fun."

Registration is \$15 before June 5 and \$20 the day of the ride.

Check-in begins at 8 a.m. at the Dickinson County Fairgrounds and Iowa State mascot Cy will lead the riders out of the gates at 9 a.m.

In the meantime Boettcher says riders will be encouraged to stroll over the Lakes Area Farmers Market for their first bites of the day.

From there the riders will make their way around West Lake Okoboji enjoying the trails and making several stops for delicious bites to eat.

"It's really a family bike ride to get people out riding our beautiful trails and get some bites of food along the way," Boettcher said.

First stop is at Ranch Okoboji followed by Okoboji Boat Works. The third stop is at Arnolds Park Amusement Park with another stop set up in a cul-de-sac just north of the Taco House where The Bridge Coffee Shop and Lisa's Bake Shop will be set up.

This is where a new feature has been added to this year's Bike-N-Bite ride.

The ride splits into two routes.

The 15-mile version heads east and takes a lap around Lake Minnewashta with another stop featuring Okoboji Canning Company and Deli on the Avenue set up at Sawmill Park. Next up is a stop at The Ritz before riders make their way back.

The 25-mile route heads up the west side of West Lake Okoboji with a stop at Lakeside Lab and another at the Dickinson County Nature Center.

Once back at the fairgrounds, riders will be treated to burgers, watermelon and cookies courtesy of the Dickinson County Cattlemen.

With two routes, six stops and new vendors to enjoy, Boettcher anticipates a lot of fun for the riders once again.

"We want to promote fun, exercise and local foods," Boettcher said. "It's a family activity to get people out riding, checking out all the Lakes area has to offer and tasting some local foods along the way."

## CALS Feature Story:

[https://www.cals.iastate.edu/features/2019/rising-star-interns-share-extension-experience?fbclid=IwAR1sIDcc5PyG1upbmpVucKUnqlffeX\\_pDu9TILiug4BdMHEOe93cGEnrlqk](https://www.cals.iastate.edu/features/2019/rising-star-interns-share-extension-experience?fbclid=IwAR1sIDcc5PyG1upbmpVucKUnqlffeX_pDu9TILiug4BdMHEOe93cGEnrlqk)

### Rising Star Interns Share Extension Experience

SHELDON, Iowa – Whether it's sharing gardening experiences, helping with a county fair or sharing nutrition tips, the Iowa State University Rising Star Internship program helps students learn what it's like to work in an extension office.

"I have gained some of the most valuable experiences of my life. I have learned new skills and ideas that will be beneficial in my everyday life and future career," said Alyssa Rosenbaum, a junior in horticulture and food science from Sioux City, Iowa.

Rosenbaum along with two other students moved to Sheldon in May to begin a summer internship with the ISU Extension and Outreach regional office in northwest Iowa. The students take part in activities covering a six-county area.

"We teach gardening lessons and activities at three day cares each week, as well as working in three donation gardens across the counties," Rosenbaum said. "The produce is donated to local food pantries in the communities surrounding the gardens."

The three students also share their weekly experiences in a [blog](#). Natalee Dippel, a senior in agriculture and life sciences education, from Belmond, Iowa, said the internship fits perfectly with her career goals.

"I have always had a passion for youth and educating others about agriculture," Dippel said. "After graduation I plan to work with youth as an agriculture education teacher and athletics coach in Iowa."

The same goals are true for Maddie Robinson, a senior in human development and family studies, from Cedar Rapids, Iowa.

"I am passionate about learning and making education accessible for everyone. I have experience researching education curriculum, but this summer internship will be my first opportunity to implement lessons and view the children's learning progression," Robinson said.

The program was started in 2014 to provide Iowa State students an opportunity to learn about extension activities. Cheryl Heronemus, the extension director who helped develop the internships, said she enjoys mentoring students, sharing the extension experience and introducing them to the career possibilities it offers.

"Even though ISU is a land-grant institution, many of these college students are not familiar with the extension mission," Heronemus said. "The Rising Star Internship give them hands-on experience doing the type of work extension professionals enjoy every day."

This summer 12 interns are working in four of the 20 ISU Extension and Outreach regions in Iowa. The program is funded through the Iowa State [Colleges of Design, Agriculture and Life Sciences, Human Sciences, Liberal Arts and Sciences](#) and [ISU Extension and Outreach](#).

Students from all [four regions blog](#) their experiences weekly. The [blogs](#) include photos and videos.

Additional information at: [www.inside.iastate.edu/article/2019/04/18/rising-star](http://www.inside.iastate.edu/article/2019/04/18/rising-star)



## Northwest Iowa Review- Alyssa Rosenbaum:

[www.nwestiowa.com/news/meet-rising-star-intern-alyssa-rosenbaum/article\\_bce789a2-9f77-11e9-9e0b-27b69661529d.html](http://www.nwestiowa.com/news/meet-rising-star-intern-alyssa-rosenbaum/article_bce789a2-9f77-11e9-9e0b-27b69661529d.html)

### Meet 'Rising Star' Intern Alyssa Rosenbaum

SHELDON—Alyssa Rosenbaum will be spending her summer with one foot in the garden and the other in the kitchen.

The 20-year-old Sioux City native will be a junior this fall at Iowa State University in Ames, where she is studying horticulture and culinary food science.

She will be combining those areas of study during her internship with Iowa State University Extension and Outreach this summer.

"My adviser originally told me about it because it's really hard to try to find a way to connect horticulture and culinary food science," she said.

Rosenbaum is one of three "Rising Star" interns who will be working with program extension offices across Clay, Dickinson, Lyon, O'Brien, Osceola and Sioux Counties. The internship will let Robinson work with locally produced food, from gardening it to cooking it.

She said they will be helping different donation gardens with harvesting and delivering the produce to food pantries. They also will do food demonstrations at various farmers' markets, where they will prepare food using produce from the gardens and serve it to people at the market.

"Sometimes it's hard to be able to just take fresh produce and know exactly what to do with it, besides just eating it plain, so it's kind of cool to learn different ways that you can make it into salads or just cook it different ways," she said.

Rosenbaum said she has enjoyed working with people in the various communities she has visited and being able to garden for others instead of just doing it as a personal hobby. Although she is not certain what she wants to do after graduation, Rosenbaum said she wants to continue to combine her interests in gardening and cooking.

One of her favorite meals to cook at home is her grandfather's homemade lasagna, which she said he taught her how to make when she was 10.

At ISU, Rosenbaum is involved in the Alpha Gamma Delta sorority, Dance Marathon and the Culinary Food Science Club.

Rosenbaum said her advice for college freshmen is to make the most of their summers and not just use them to relax. Last year, for example, Rosenbaum interned at a golf course in Virginia, where she worked on the one-acre garden.

"It's really great to actually do something during your summer that will give you more skills for the future," she said. "And it helps you decide what you actually want to do for a career."

## Northwest Iowa Review- Natalee Dippel:

[www.nwestiowa.com/news/meet-rising-star-intern-natalee-dippel/article\\_3a05cb7e-914a-11e9-8efa-2731a2b82532.html](http://www.nwestiowa.com/news/meet-rising-star-intern-natalee-dippel/article_3a05cb7e-914a-11e9-8efa-2731a2b82532.html)

### Meet 'Rising Star' Intern Natalee Dippel

SHELDON—For the second summer in a row, Natalee Dippel is interning with Iowa State University Extension and Outreach county offices to prepare for her career in education.

The 20-year-old, who will be a senior at Iowa State University in Ames this fall, is one of three "Rising Star" interns who are working in the six counties that make up Region 1 of the Extension program: Clay, Dickinson, Lyon, O'Brien, Osceola and Sioux.

She and fellow Rising Star interns Madeline Robinson and Alyssa Rosenbaum are living on the Northwest Iowa Community College campus in Sheldon during the summer.

The Belmond native is studying agriculture education with a teacher certification option and is looking forward to working with kids as part of her internship.

"I'm really passionate about it," she said.

Dippel said her positive internship experience last summer at the Hancock County Extension office influenced her decision to apply for her internship this summer.

"It's really beneficial just because we get to work with kids a lot and kind of get to experience that," she said. "And then we also do curriculum planning, and it will help me with lesson plans in the future."

Dippel said some of the activities she will be doing this summer include going to day cares and YMCAs across the Region 1 counties and teaching youth lessons about gardening and produce.

She and the other county Extension interns and staff workers also will go to the farmers' markets in Sheldon and Rock Rapids to host Power of Produce Club once a week. The program teaches kids between the ages of 4-12 about produce and lets them taste local samples. The kids also get to spend \$2 tokens at the market to buy a fruit or vegetable.

"It's completely free for them," Dippel said. "It's a good way to promote the farmers' market."

In addition to working with kids, Dippel said she has enjoyed being able to meet with different businesses and county Extension workers in Region 1.

"It's a great way to network," she said.

On the ISU campus in Ames, she is part of the university's Transfer Admissions Ambassador Program, which gives campus tours, meets with prospective students and helps transfer students get settled on campus. She also is active in the tap dancing club, which is an activity she did in high school.



Outside of school and internship involvement, Dippel enjoys playing and coaching softball and volleyball and visiting her grandparents' farm.

She said she looks up to her two older brothers, Kody and Kasey Trampel, who are 29 and 27, respectively. Her brothers have been a source of guidance for her throughout her life.

As she is nearing the end of her college career, Dippel offered advice for incoming college freshmen, encouraging them to get involved on campus.

"There's a lot of different activities that you can do no matter where you go," she said. "Probably some that you don't even know that they have."

### **Rock Rapids PoP Club:**

[www.nwestiowa.com/news/program-aids-rock-rapids-farmers-market/article\\_c88f0934-a68d-11e9-b4ee-f3af9215e96f.html?fbclid=IwAR2IRGyQO0Hb7oo69pNURZclJRKW6nQpgy1mmPjSyAgd9uDaRlwapkM6S-l#utm\\_campaign=blox&utm\\_source=facebook&utm\\_medium=social](http://www.nwestiowa.com/news/program-aids-rock-rapids-farmers-market/article_c88f0934-a68d-11e9-b4ee-f3af9215e96f.html?fbclid=IwAR2IRGyQO0Hb7oo69pNURZclJRKW6nQpgy1mmPjSyAgd9uDaRlwapkM6S-l#utm_campaign=blox&utm_source=facebook&utm_medium=social)

ROCK RAPIDS—Iowa State University Extension and Outreach is offering a program this year with a lot of PoP.

Extension has been hosting a weekly Power of Produce — PoP — Club in June and July at the Rock Rapids Farmers' Market.

Children ages 4-12 are encouraged to register for and participate in the PoP Club. Through games and activities, the free program encourages kids to try new foods and develop healthy eating habits.

"It works with the families and the youth in the area to really expose them to different types of produce and how to eat healthier," said Dawn Henderson, Extension's new horticulture program coordinator for Lyon, O'Brien, Osceola and Sioux counties.

The PoP Club has been a plus for the children who participate in the program and the vendors at the farmers' market.

"Each time they come, as long as they're registered and within the age limit, they get a \$2 token that they can spend that week on any of the fresh produce — fresh fruits and veggies — here at the market," Henderson said. "And then those vendors will bring those back to us and we'll reimburse them.

"It's exposing kids to the produce as well as helping bring more revenue for the vendors," she said. "The vendors I've talked to have said that the program has actually increased the amount of traffic the farmers' market sees."

This is the second year the PoP Club has had a presence at the farmers' market, which is held at 4 p.m. Mondays June-October north of the Sunshine Foods grocery store parking lot off North Second Avenue.

The first Monday the program was held in Rock Rapids this year was June 3. The remaining 2019 dates for the PoP Club in the Lyon County seat community of about 2,550 are July 15, 22 and 29.

Each week, the program offers a tasting that highlights one specific produce item as well as fun activities and games that teach children the benefits of eating fruits and vegetables.

On Monday afternoon, July 8, participants in the PoP Club tasted turnips and participated in blind smell and touch tests and tried to guess what piece of produce was in each brown bag.

The answer for the blind smell test was an onion and the answers for the blind touch tests were a piece of a corncob, half of a potato and a whole kiwi.

Natalee Dippel, Madeline Robinson and Alyssa Rosenbaum — Extension's "Rising Star" summer interns in N'West Iowa from ISU in Ames — came up with all of the program's activities this year.

Henderson, who started in her Rock Rapids-based position with Extension on June 10, described other fun activities that kids have taken part in with the PoP Club this summer.

"They've painted with the veggies," Henderson said. "They made 'Happy Fourth of July' postcards.

"They've colored in different types of vegetables and put them on a big board to create a rainbow," she said.

Rock Rapids is not the only N'West Iowa community to have a PoP Club this year. The Sheldon Farmers' Market also has a program.

However, the idea for the PoP Clubs did not start in Iowa, but in the neighboring state to the north, thanks to the University of Minnesota Extension.

"It was a much more established program up there," Henderson said. "We're working on introducing it to Iowa and seeing how it does, especially up here in this northwest corner."

#### **Sioux County Daily Grind Radio Interview:**

<https://siouxcountyradio.com/the-daily-grind/2019/05/23/natalee-dipple-alyssa-rosenbaum-madeline-robinson>

#### **Region 1 Video Blog Post:**

[https://www.youtube.com/watch?v=vO\\_2VO60I0c](https://www.youtube.com/watch?v=vO_2VO60I0c)

#### **Rising Star Blog Posts:**

<https://blogs.extension.iastate.edu/risingstar/>





# RISING STAR

INTERNSHIP PROGRAM

## 2019 SUMMER REPORT

### Region 5

Counties of Woodbury, Monona, Plymouth

Regional Directors Cheryl Heronemus, Terry Janssen, Terry Torneten

Iowa State University Extension and Outreach Rising Star Internship

[www.extension.iastate.edu/countyservices/rising-star-internship](http://www.extension.iastate.edu/countyservices/rising-star-internship)



**Claire Groth**

College of Human Science, Dietetics  
and Food Science, St. Ansgar, IA



**Gustavo Flores**

College of Ag and Life Science,  
Nutritional Science, Dennison, IA



**Allison Bermel**

College of Design, Interior  
Design, Sioux City, IA

### Introduction

As Region 5 Rising Star interns, we worked in the counties of Monona, Plymouth, and Woodbury County located in western Iowa. We were in charge of planning and coordinating camps for children from the area and assisting in the planting and upkeep of local gardens. We also were tasked with planning and running local events and attending the local farmers markets with our own booth. We began work on May 20 and ended on August 1, 2019.



## Spotlight: Power of Produce (PoP)

Power of Produce is a program designed to introduce local foods and produce to children aged 4 to 12 at the farmers market. Participating farmers markets included the Sioux City (Woodbury County), Merville (Woodbury County), Akron (Plymouth County) farmers markets. The goals of the club are as follows:

1. Improve the eating behavior of children
2. Increase family attendance at farmers markets
3. Increase customer base and revenue for vendors
4. Build healthy, prospering communities

At each market, we provided a sample of a new fruit or vegetable to the children to try as well as a hands on educational activity for them to interact with. For example, planting egg carton seeds or participating in a bee lesson. Youth were able to survey their opinion of the sample and received a small prize as incentive to trying the food. Before leaving our stand, the student was given a small token worth \$2 to spend on produce at a participating vendors. 100% of vendors participated in selling their produce to the children of PoP Club.

We had several advertisement opportunities to speak about PoP. We spoke with one TV station, two radio stations, three different publications, and distributed flyers throughout the area. Through surveys, we learned that a portion of parents heard of PoP through this advertising. A large portion learned of it simply by attending the farmers markets.

The word of PoP club has spread fast. In June, the ISU Extension and Outreach office in Woodbury received a call from Iowa's Department of Agriculture. They requested more information on the club and questioned how they could expand to farmers markets throughout the state. In August, PoP Club is our topic of choice for the Iowa State Fair Pitch competition, sponsored by Iowa State University. We will be informing the judges on the success of the club and discuss different ways that we would like to expand the program. This will include updating our registration methods, increasing the variety in activities provided for the children, and expanding the PoP Club to other farmers markets in the area. Our goal is to never have to turn away a child that wants to participate due to lack of funding.





## Farm to Fork Dinner at Tucker Hill Vineyards

On Thursday, June 27, a group of locals gathered at the Tucker Hill Vineyards in Hinton, Iowa to enjoy a catered meal of local foods. The group was treated to four samples of local wine as well as a glass of their choosing. This came along with their meal that was provided by M's on 4th Catering of Sioux City. The menu featured meats and produce from local farms such as Farmer Brown's Garden, Cornucopia Farm, Loess Hills Honey, and C. Brown Farm and Garden. The meal began with a market salad topped with raspberry jalapeño dressing, beef bacon, radishes, and cheddar curds. This was followed by an entrée of rosemary biscuits with chicken and sherry cream gravy. Lastly, the group enjoyed a dessert of angel food cake topped with fresh strawberries, vanilla bean cream and a balsamic. Throughout the duration of the meal, the attendees were given an education on the process of making grapes into wine and the history of Tucker Hill Vineyards. Following the meal, everyone was allowed to tour the estate and take in the breathtaking views. As Rising Stars, we decorated the room, served the meal, and assisted the guests throughout the event. Before the event, we were able to spread the word of it through radio stations and handing out flyers. It truly was a night to remember.



Top left are the Rising Stars picture on the Tucker Hill Vineyard estates. Middle is the featured dessert at the Farm to Fork dinner. Top right are two Mad Science students. Bottom right is a Mad Science Returns camp goer with his homemade lava lamp.

## Mad Science Camp

In Plymouth County, we helped with the annual Mad Science and Mad Science Returns camps. These camps were designed for grades 3rd through 5th and 6th through 8th, respectively. The camps were focused on STEM topics and introduced the students to activities they could interact with.

At Mad Science camp, we instructed the students in different activities. The first being a balloon powered car and the second was a creative building activity where the students used straws and connectors to build their own ideas. We also tested different bubble solutions to hypothesize why which one worked better. As nutritional students, Gustavo and Claire enjoyed sharing a lesson on grains to the students during snack time when they prepared trail mix.

At Mad Science Returns, Allison and Claire worked with the middle schoolers with chemical reactions, rewiring computer laptops, making 'wiggle bots', and homemade lava lamps. The students also had an egg dropping contest and competed to see whose egg could fall from the highest point without dropping.

Students were engaged in science, technology, engineering, and math throughout the day and reacted positively to the lessons.



## Cook This

During the month of June, we hosted “Cook This Camp” twice at the ISU Extension and Outreach office in Woodbury. This camp was held to teach students how to cook with fruits and vegetables and learn easy recipes they can use at home. The goal was to encourage kids to try new foods while educating them about the food groups. There were fourteen youth, grades six through eight, that participated in this camp.

The Cook This Camp was all day at the Extension and Outreach office. The students learned how to chop vegetables, read recipes, and use kitchen utensils and appliances. There were a total of six recipes that the kids prepared and cooked in the kitchen. After each was made, they were able to taste their delicious food!

Throughout the day, we educated the youth about nutrition and how to include healthy recipes in their everyday life. Spend Smart Eat Smart was a great resource for us to show the kids how to prepare and cut fruits and vegetables.

In the afternoon, we had cakes from HyVee delivered for the kids to decorate. We had a cake decorating contest and the winners received prizes. Gustavo and Allison, along with an Americorp intern, were the “celebrity judges” who judged the cakes.

The youth were excited and eager to learn about nutrition along with working in the kitchen and preparing yummy recipes!



Pictured below are the Rising Star interns judging cakes decorated by the students. Pictured above is Claire Groth with two students at the Cook This Camp. Above left is Allison Bermel assisting students with their seedlings. Above right is Gustavo Flores working with campers with their seedlings.

## Grow With Us

Youth grew their knowledge in gardening, cooking skills and enthusiasm for health living in our Marilyn Engle Teaching Garden by learning garden basics and explored health food choices. They prepared their own snacks and lunches and participated in fitness activities. We also taught the youth how to use their creativity by doing crafts projects throughout the day.

We started off the day by giving them samples of kale smoothies and protein balls. We talked about the different food groups and the different colors of the fruits and vegetables. Following this activity we went outside and did a garden tour so they were able to write or draw in their journals. Then we talked about how the garden is the home to many plants, animals, and insects. They were able to make a bird feeder to put in there garden.

Overall, we had 22 youth participate in this camp ranging from kindergarten to 3rd grade. We ended the day of by having a bee lesson that ties into germination and how we get a lot of our food. Then they watched an episode of the Magic School bus to get a better understanding on how bees and plants work together. The student were able to take home a lot of crats, paintings, and the bird feeder to show to there parents.







## Bike 'N' Bite

On Saturday, July 13 the ISU Extension and Outreach office in Woodbury hosted the annual Bike 'N' Bite event at the Sioux City Farmers Market. At this event, cyclists were given a map with different restaurants, bakeries, and cafes in Siouxland who were offering bite size samples of their choosing. Some of these samples included donuts with jelly, homemade salsa, and made to order tacos. Each sample featured a local ingredient to promote buying local and advertise their business.

Nearly 100 cyclists came out to participate in the event with 11 different stops on their maps. We even had an appearance from Cy, the beloved mascot of Iowa State University. The event kicked off at 9 a.m. at the Sioux City Farmers Market, which featured three different bite locations. This was unique because cyclists got to try locally grown produce fresh from the garden. The cyclists were then able to go off on their own to hit the other stops. ISU Extension and Outreach then hosted the final bite at the farmers market, providing sandwiches and beverages for bikers and bite location participants.

For this event, the Rising Star interns were in charge of advertising and securing the bite locations as well as continued communication with bite locations up to the day of the event. We also registered bikers on the day of the event and assisted with other needs during Bike 'N' Bite. During the marketing process of Bike 'N' Bite, we were fortunate to be featured on local KTIV's "What's Cookin" segment and KMEG's "Talk of the Town" Sunrise segment. We spoke with different radio stations including KWIT for their "Food For Thought" segment.



Top left is Gustavo and Allison pictured with Cy, our Horticulture Educator, and our County Director. Middle is Allison working with students at the Kids in the Kitchen camp. Top right are the Rising Stars pictured with two anchor-men from the KTIV news channel. Bottom right is a Kids in the Kitchen student preparing oatmeal pancakes.

## Kids in the Kitchen

For three days in July, students came to the ISU Extension and Outreach office in Woodbury for the Kids in the Kitchen camp led by our Youth Nutrition Educator and the Rising Stars. During this day camp the students were able to learn about nutrition, cooking skills, and try many different recipes. For breakfast we discussed the food group of grains and enjoyed oatmeal pancakes. For lunch we talked about the importance of each food group, kitchen safety, and vegetables. We then ate pizza boats, fruit salad, and a personalized lettuce salad. In the afternoon the students got to try a variety of snacks including black bean salsa, berry and green smoothies, and fruit pizza. These snacks covered the topics of protein, dairy, and fruit. All of the recipes from the day came from ISU Extension and Outreach's Spend Smart. Eat Smart. website. Through a taste test results chart we were able to tell that all of the students tried something new each day and liked most of the foods. Several students were skeptical of the black bean salsa but after trying it discovered they enjoyed it. An activity that proved to be a class favorite was the blind milk taste testing. For this activity we served the students a variety of milks including coconut milk, cow's milk, goat's milk, and almond milk. The student were then able to guess which was which and decide what milk was their favorite. A majority of the students tried goat's milk for the first time. Although they didn't enjoy it as much as the others, they had a fun time experiencing all the different flavors.

## Reflection

### Allison Bermel:

At the beginning of this summer, I only had a small idea of what I would be doing for this job. The reason why I chose to do this internship was to learn more about ISU Extension and Outreach and what it has to offer. I already had an idea of what Extension does for the community since I was in 4-H for eight years. I wanted to learn more and get a better idea of the other programs that ISU Extension and Outreach has.

This past year was my first year in the design program at Iowa State. I had to give many presentations about my work and receive feedback from others. This knowledge was applied to the Rising Star Internship because there were many times that I had to present to an audience at meetings or camps. It was fortunate to have the skill to be able to speak in front of others and have confidence in myself.

Being a Rising Star intern has given me more knowledge and skills that I will use for future internships and my career. Because I have just completed my first year of college, I have a few years until I will be out in the work force. I am an Interior Design major, and this internship was a good start to my career path. I have gained knowledge in working with people of all ages, especially youth. With hosting summer camps at the extension office and working the Power of Produce Club at the farmers markets, I had a chance to meet with children and learn how to assist them in activities. Also, working with adults in coordinating camps and planning activities will help me for future meetings with clients. I had the opportunity show my design aesthetic for programs and events. I designed the menu for the Farm to Fork Dinner and presented to the guests at the Tucker Hill Vineyards. I also implemented the statistics and results for our Power of Produce Club.

### Claire Groth:

As a dietetic student and someone who has grown up with a gardening and agricultural background, I was very excited to begin my time as a Rising Star intern with Iowa State Extension. Whether it was a food demo or discussing produce at PoP club, I was able to talk with others about nutrition and wellness almost daily. I used what I had previously learned at Iowa State to educate others properly about the different foods they eat. However, though I was often teaching others, a high majority of the time I was learning. Master Gardeners, Farmers Market vendors and local restaurant owners taught me so much about growing local foods and other valuable skills. Going into this internship, I hoped to gain experience in public speaking and teamwork. My improvement on both of these skills was done while planning camps and running events. I am looking forward to using all my experiences and gained skills from this summer in my future. The Rising Star internship has opened my eyes to many opportunities in dietetics and nutrition that I am excited to explore further.

### Gustavo Flores:

One of the main things I wanted to get out of this internship is to learn how to combine my interest in nutrition and public health and to make a healthier and more active community in Iowa. Throughout this internship, I was able to use my knowledge in food demonstrations, nutrition education opportunities, and camps. One of my favorite events was the Siouxland Bike-N-Bite. With this event, the cyclists were able to bike around Sioux City and stop for a bite at local restaurants that use a local ingredient. As a cyclist, I know the benefits of cycling and supporting our local restaurants. PoP club was another program I enjoyed. I got to make connections with families, farmer markets vendors, and the locals. My favorite part of this program is the sample of a vegetable or fruit at each session. I was amused by the number of adults and kids who did not know what kohlrabi was or how to cook it. One aspect of this internship I was not expecting was the amount of media exposure we got throughout our time here. We had the opportunity to be on television twice and be on the radio a handful of times. It was a really good to practice my communication skills.

## ISU Extension and Outreach Rising Star Internship Program

2150 Beardshear Hall, Ames, IA 50011-2031

(800) 262-3804

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



Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. (Not all prohibited bases apply to all programs.) Inquiries regarding non-discrimination policies may be directed to the Diversity Advisor, 2150 Beardshear Hall, 515 Morrill Road, Ames, Iowa 50011, 515-294-1482, [extdiversity@iastate.edu](mailto:extdiversity@iastate.edu). All other inquiries may be directed to 800-262-3804. ADV.19.04E. May 2019

## Appendices

The 2019 Rising Stars in Region 5 had the opportunity to be on the radio, television, articles, and make promotional videos throughout the summer. Below are the links to access the articles, interviews, and other videos.

### 2019 Siouxland Bike-N-Bite Promotion Video:

<https://www.facebook.com/ISURisingStar/videos/2353506144892341/>

### Farm to Fork Menu:





# Appendices

## Food For Thought: ISU Ext. Bike & Bite:

<https://www.kwit.org/post/food-thought-isu-ext-bike-bite-katelyn-brinkerhoff>

“Katelyn Brinkerhoff, from ISU Extension & Outreach (and super interns, Claire Growth and Gustavo Flores) sit down with guest host, Steve Smith to talk about a Bike and Bite event, Saturday, setting off from the Sioux City Farmers Market and touring the city in search of food, coffee and other fun things. “

“ISU Extension and Outreach are doing a Bike and Bite event tomorrow (Saturday) embarking from the Sioux City Farmers Market “

## Iowa State University Extension and Outreach shares Power of Produce Club at Sioux City Farmer's Market:

<https://ktiv.com/2019/06/08/iowa-state-university-extension-and-outreach-shares-power-of-produce-club-at-sioux-city-farmers-market/>

SIoux CITY (KTIV) – Now in its 5th week the Sioux City Farmer's Market is in full swing. The market which is open each Wednesday and Saturday from 8:00 am to 11:00 am at the corner of TriView Avenue and Peal Street. Each week the Sioux City Farmer's Market features fun for the whole family including produce, delicious baked goods, handcrafted items, live music, and much more. New this week at the Farmer's Market was Iowa State University Extension and Outreach introducing their Power of Produce or “POP” Club. The Pop club is for children aged 4-12 to encourage the kiddos to learn about and try fruits and vegetables, this week they were able to plant asparagus, watermelon, and turnips. “This is a good chance for the students to learn local foods, fruits, and vegetables, out on the market,” said Gustavo Flores, Rising Star Intern at ISU Ext. and Outreach. Each club member is rewarded with a \$2 produce token to spend on fresh fruits and vegetables each week. The POP Club will be back at the Farmers Market this Wednesday, June 12th.

## Talk Of The Town ISU Extension Bike-N-Bite:

<https://siouxlandnews.com/sunrise/talk-of-the-town/tott-bike-n-bite-07-10-2019>

SIouxLAND NEWS — Iowa State Extension and Outreach - Woodbury County is hosting the annual "Bike-N-Bite" event July 13th from 9:00 a.m. to 1:00 p.m. This year, the "Bike-N-Bite" will be starting and finishing at the Sioux City Farmers Market. Cyclone mascot Cy will also make an appearance. This is a great opportunity to go on a bike ride and sample cuisine at several local stops. Katelyn Brinkerhoff and Claire Groth stopped by the Siouxland News studios to tell Siouxland News at Sunrise anchor Jacob Heller about the importance of supporting local locations.



# Appendices

## What's Cookin'?: Strawberry Salsa and Cinnamon Chips:

<https://ktiv.com/2019/07/09/whats-cookin-mango-salsa-and-cinnamon-chips/>

### Strawberry Salsa

#### Ingredients:

- A batch of Strawberries (diced)
- 1/2 small red onion (diced)
- 1 Tablespoon fresh cilantro, chopped (optional)
- 1/2 teaspoon salt
- Juice of 1 lime

#### Directions:

- Combine all ingredients in a bowl, stir to mix
- Serve immediately or cover and refrigerate.

### Cinnamon Chips

#### Ingredients:

- 4 (8 inch) flour tortillas
- 4-8 teaspoons water
- 1/2 teaspoon cinnamon
- 1 teaspoon sugar

#### Directions:

- Preheat oven to 350 degrees.
- Brush tortillas with a small amount of water (1-2 teaspoons of water per tortilla).
- Combine cinnamon and sugar in a bowl.
- Sprinkle tortillas with cinnamon and sugar mixture.
- Cut tortillas into 8 wedges (like a pizza).
- Lay wedges in a single layer on a cookie sheet.
- Bake for 10-15 minutes.
- Coll and store in an airtight container.

## Rising Star Blog posts:

<https://blogs.extension.iastate.edu/risingstar/>



# RISING STAR

## INTERNSHIP PROGRAM

### 2019 SUMMER REPORT

#### Region 20

**Counties of Henry, Des Moines, Lee, & Louisa**

**Regional Director - Janet Smith**

**Local Foods Coordinator - Morgan Hoenig**

Iowa State University Extension and Outreach Rising Star Internship

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



**Rachel Badtke**

College of Human Sciences,  
Dietetics  
*Mount Carroll, Illinois*



**Katelin Pagel**

College of Agriculture and Life  
Sciences, Agriculture and Life  
Sciences Education Teachers  
Certification  
*Sumner, Iowa*



**Grace Willenborg**

College of Agriculture and  
Life Sciences, Dietetics  
*Worthington, Iowa*

#### Introduction

Region 20 Rising Star Interns were located at the Henry County office in Mount Pleasant, Iowa from May 13th through August 1st. The goal of our work was to promote local foods throughout Southeast Iowa. We reached this goal by providing education on local produce at libraries, supporting local farms, providing samples at farmers markets, and working with donations from community gardens to food pantries. The variety of experiences within our internship gave us a great opportunity to maximize our impact of promoting local foods in the Southeast Iowa community.

## Spotlight: SWITCH Celebration

School Wellness Integration Targeting Children's Health (SWITCH) is an evidence-based obesity prevention program designed to help students adopt healthy lifestyles, both in school and at home. We helped throw three end-of-the-year SWITCH celebrations for four elementary schools, with a total of 288 fourth and fifth graders. Our role in the celebration was a local foods presentation focused on food miles. The kids participated in an activity where they identified the location of where their food was sourced based on the food labels and then placed a sticker on a world map. A lesson following the activity discussed topics such as food miles, shipping and handling effects on fresh produce, and seasonality of fruits and vegetables in Iowa. The lesson finished by addressing the benefits of buying local foods, including supporting your local producers and creating a healthy lifestyle by eating nutrient-dense foods. The SWITCH celebration was a fun and interactive way to encourage students to establish healthy habits.



## Library Programs

We teamed up with libraries in Southeast Iowa throughout June to promote local foods to kids. The programs consisted of a lesson, activity, sampling of food items, and a take-home item each week.

- Week one focused on pea shoots and a lesson on the life cycle of a pea plant. The kids sampled snap peas, frozen peas, and pea shoots, and they also took home pea shoot growing kits.
- Week two focused on strawberries and the differences between store-bought and home-grown strawberries. The kids were able to compare them by a taste test. We explained the importance of garden safety and made fruit salsa while teaching the kids how to cut using kid-safe knives.
- Week three they learned about the origin of kohlrabi, which translates to cabbage and turnip in German. Cabbage and turnips were sampled along with the kohlrabi. We taught gardening basics, cleaning and storage, and ways to find kohlrabi at farmers markets.
- The final lesson was on potatoes. All were able to try russet, baby, and sweet potatoes, while we explained the differences between each type. The kids were able to harvest baby potatoes to take home and finished the program with potato bowling.

Each week after the tasting, the kids were able to vote on whether they loved, liked, or tried the sample. This served as our recorded data for the event. The library programs were an excellent opportunity for the us to educate the youth about local foods and a great way to get kids to try new fruits and vegetables that they may not have tried on their own.



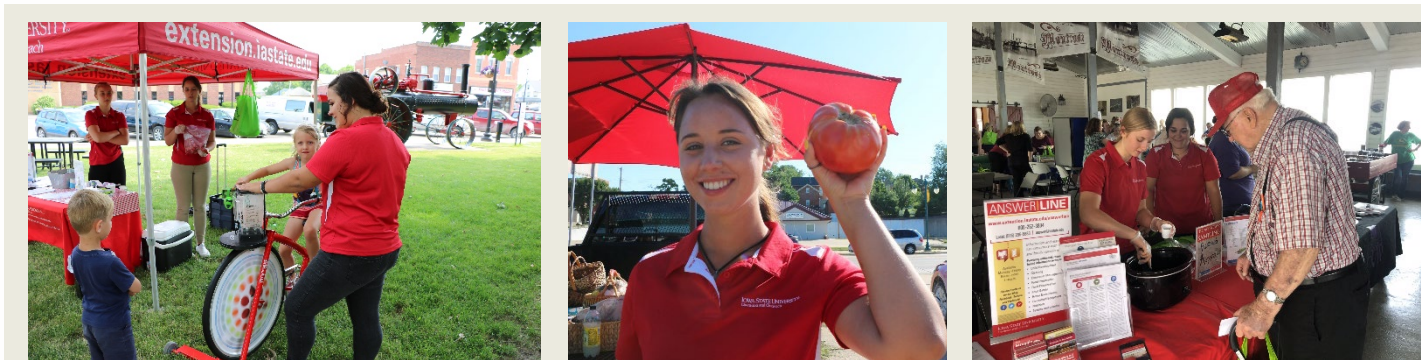
## Farm Tours

Farm tours were organized throughout the internship to support local producers along with their produce. We visited Sunny Side Up Ranch, Blueberry Bottom Farm, Hilltop Dairy, Hinterland Dairy, and Jones Family Farm. We recorded videos and captured photographs to produce promotional content for the farmers to use on their social media pages, highlighting that ISU Extension and Outreach does not endorse the content. The promotional videos consisted of a collection of short clips showing each stage of production on the farm and the variety of products they offer for purchase. The videos intended to positively increase public awareness of local producers within their community. We also wrote blogs about the farms on [EatFreshSEI.org](http://EatFreshSEI.org) that included links to the promotional videos and gave a more in-depth description of each farm operation. The farm tours allowed us to connect with local producers on a face-to-face level so we could create the most authentic promotional pieces for them to use on their websites and social media. Each farm had its own original story that was told through their promotional videos and blogs and gave the farmers a more prominent voice within their community.



## Farmers Markets

Farmers markets were a consistent opportunity throughout the summer for us to promote local foods. Education and food samples were offered at the Jefferson Street Market, Fort Madison Farmer's Market, Montrose Riverfront, Market on Main, Keokuk Farmer's Market, and Mount Pleasant Farmer's Market. The two goals at these farmers markets were to get the community members to try a locally produced food and support local food vendors. The samples were always in-season and locally sourced from Southeast Iowa producers. The produce was often incorporated into recipes from the Spend Smart. Eat Smart. website to show families how to eat healthy and stick to a tight grocery budget. The ISU Extension and Outreach [EatFreshSEI.org](http://EatFreshSEI.org) was promoted in the same fashion by handing out flyers that featured local farmers markets and other valuable information about local foods. It was a priority at the farmers markets to keep a report of the interactions, samples, and community members who took any handouts during the demonstration to show the impact on the community.



## Community Gardens

Community gardens are an essential sector of local foods in Southeast Iowa. We had the opportunity to work with many of them including Fort Madison Food Pantry Garden, Christamore Family Treatment Center garden, and Homestead 1839. The produce we harvested at the Fort Madison Food Pantry Garden was donated to the Fort Madison Food Pantry where people could take as much as they needed. These experiences taught us about food insecurity and showed us the importance of a community garden's role in reducing food insecurity by improving access to fresh, local produce.

The Christamore Family Treatment Center garden was implemented in partnership with the tobacco prevention/youth development coordinator at the ISU Extension and Outreach Henry County office and provides treatment services for at-risk adolescents and their families. Within three visits, we helped the adolescents plant a salsa garden, make hummus and strawberry smoothies using blender bikes, and make salsa with the produce from their garden. The garden was a therapeutic outlet for the kids of the Christamore Family Treatment Center and gave a direct lesson on the farm-to-table concept.

At the Homestead 1839 garden, we planted a variety of produce, pulled weeds, watered the garden, and assisted in building an irrigation system and compost bins. The community gardens were an excellent way for us to connect ISU Extension and Outreach with other partners in Southeast Iowa to build a strong Iowa.



## Spotlight: Food Pantries

In order to reach those in Southeast Iowa who have limited access to fresh produce, we extended our help to three food pantries in Southeast Iowa. Our goal was to promote local foods to everyone we encountered, especially those who might not have access to fresh produce. Food pantries gave us another unique opportunity to promote produce and educate on the importance of local foods. We visited the Fellowship Cup Food Pantry, Fort Madison Food Pantry, and the Muscatine Food Pantry. The fresh produce donated to these food pantries included cucumbers, peppers, kale, cherry tomatoes, lettuce, broccoli, and much more. Anyone in need could take as much as they needed. While at the Fellowship Cup we were also able to provide fresh watermelon, samples of cherry tomatoes, and kale chips. Everyone who received these donated fruits and vegetables were grateful for the opportunity to have something fresh to take home with them.





## Our Impact

We recorded our direct impact during each event and program by documenting the number of interactions. These interactions included sampling of food, handouts, education, and any other type of community outreach. We believe our impact is much larger than these numbers in hope that the people we impacted spread the word to their friends and family. We have a strong sense this is true since we had feedback from others who had heard about the programs we were doing, as well as seeing our EatFreshSEI.org reusable bags being used throughout Southeast Iowa. It was a priority throughout our internship to record our impact for evidence of the great work and outreach we completed while in Region 20.

<b>Programs &amp; Events</b>	<b>Total</b>
SWITCH	288
Danville Library Programs (x4)	51
Burlington Library Tastings (x2)	127
Mount Pleasant Library Programs (x4)	52
Montrose Farmer's Market (x2)	60
Fort Madison Farmer's Market (x2)	91
Market on Main - Mount Pleasant	17
Mount Pleasant Farmer's Market	10
Jefferson Street Farmer's Market (x2)	39
Christamore Family Treatment Center (x3)	41
Hope Haven	22
Fellowship Cup Food Pantry (x2)	59
Lee County Fair	103
Colonel Kids Daycare Center	17
Henry County Fair	100
Lee County Conservation Program	6
<b>Total Impact</b>	<b>1066</b>

## Conclusion

We built numerous connections through our events, such as SWITCH, library programs, farm tours, farmers markets, community gardens, and food pantries. It was important to see our impact on the Southeast Iowa community and we were extremely pleased with our total number of interactions at the end of the summer. It was a great opportunity to be able to spread awareness on the importance of local foods and the benefits it provides to both the consumer and producer. We are confident the work we did promoting local food throughout Region 20 will aid in building a strong Iowa.



## Reflection

**Rachel Badtke:** My experience as a Rising Star Intern has confirmed my passion for helping others in the realm of people's health and local foods. When I began on my path as a dietetic student, I knew that I wanted to work in the community educating the public on a healthy lifestyle. It is important to me to increase food security as well as support local agriculture; two things that were prominent throughout the Rising Star Internship. Prior to this internship, I had not worked with children or elderly, but I came to find that I thoroughly enjoyed working with all



ages of the community in Southeast Iowa, and believe I have built a stronger skill set in terms of communication and understanding with these different age groups. I am excited to use these skills as I enter my final year of undergrad, and my dietetic internship the following year. Compassion became a theme for me this summer as I worked with food pantries, community gardens, and local producers. There is so much adversity when it comes to food and food production, ranging from adverse weather to extremes like food insecurity. This raised my awareness of problems I had not recognized, which led to solutions implemented through the internship. I have seen the direct impact of my work through interactions and feedback from community members, which has encouraged me to work with an organization like Iowa State University Extension and Outreach when I become a registered dietitian. I have a newfound respect for community outreach within dietetics and look forward to a career full of these opportunities.

**Katelin Pagel:** I knew I wanted to be a part of the Rising Star Internship when I heard about it at the career fair. I was overjoyed when I was informed I would be interviewed. Weeks after my interview I was told I got the job! I was so excited and could not wait for summer to come. I was eager to work in a different part of extension since I had previous experience interning with the County Youth Coordinator in ISU Extension and Outreach in my home county. To say the least, this summer has proved to me I want a career within ISU Extension and Outreach after graduation. I have learned that extension offers much more than just 4-H and county fairs. Promoting local foods throughout Southeast Iowa has taught me how important and vital outreach is to people of all ages. Everything we have accomplished this summer has contributed to positive outreach in the community. Working in Region 20 has taught me not only about extension and outreach, but also about myself. I've personally learned that sharing knowledge through community outreach makes an impact in the lives of others. Although I cannot make a positive difference in everyone's life with the snap of a finger, I feel this internship has allowed me to make small impacts in the lives of those I interacted with. I have gained knowledge on local foods and how essential extension and outreach are to each county within the state. I believe this internship has broadened my perspective on the duties and responsibilities involved with the extension programs. I have grown as an industry professional throughout this experience and look forward to pursuing a career within Iowa State University Extension and Outreach.

**Grace Willenborg:** I was nervous starting this internship because I felt I was going in with little experience as I just finished my freshman year. I wasn't sure what to expect or how much it would relate to my major. It



only took two weeks to realize this was the best summer internship and fit perfectly with my interests. I was able to connect with people and educate them about local food, whether it was visiting farmers markets, teaching kids about local produce, or attending the county fairs. The Rising Star Internship allowed me to embrace my passion for food, including the production process, cooking, and consuming. I got to see numerous production processes through farm tours, cooked food for tastings, and educated the public about local produce. It was the best feeling to watch community members try new, local produce and get excited about the food they were eating. This internship pushed me to learn new skills that I normally wouldn't have shown interest in, such as marketing and blog writing, which have made me grow professionally. These examples are why I believe students with any major would benefit from this internship. The Rising Star Internship has shown me many job opportunities for dietetics that I didn't realize was an option, such as in extension and outreach. If ISU Extension and Outreach were to offer me a full-time job after graduation, I would have a really hard time saying no. I am so thankful that I had the opportunity to be a part of the Rising Star Internship.

## Appendix

Find our blogs and content for local producers at the links below. All videos can be found on @EatFreshSEI Facebook page.

### EatFreshSEI

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

### Facebook

@EatFreshSEI

## ISU Extension and Outreach Rising Star Internship Program

2150 Beardshear Hall, Ames, IA 50011-2031

(800) 262-3804

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



Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. (Not all prohibited bases apply to all programs.) Inquiries regarding non-discrimination policies may be directed to the Diversity Advisor, 2150 Beardshear Hall, 515 Morrill Road, Ames, Iowa 50011, 515-294-1482, [extdiversity@iastate.edu](mailto:extdiversity@iastate.edu). All other inquiries may be directed to 800-262-3804. ADV.19.04E. May 2019





# CHILD CARE NEEDS IN SHEFFIELD

## Rising Star Internship Program Region 3

Iowa State University Extension and Outreach  
Rising Star Internship  
[www.extension.iastate.edu/countyservices/rising-star-internship](http://www.extension.iastate.edu/countyservices/rising-star-internship)



# TABLE OF CONTENTS

1. Introduction	01
2. Meetings And Child Care Facilities Attended	02-03
3. Survey	04-07
4. Options	08-10
• Status Quo	
• Expand Apple Day Care	
• Hybrid - Apple Day Care+ After-school	
• Stand - Alone Facility	
• Intergenerational Facility.	
6. In-Home Daycare	11
7. Financial Options	12-13
8. Rules and Regulations	14-19
• DHS - Department of Human Services	
• ADA - Americans with Disabilities Act.	
9. Resources, Conclusion, Refrences	20-22

## Emily Leerhoff

(Family and Consumer Sciences)

Writer, Photographer, Editor

## Rachel Findling

(Agricultural Education)

Writer, Editor, Contributor

## Samarth Vachhrajani

(Architecture)

Writer, Designer

## Donovan Olson

Regional Director, Region 3

Contributor and Resource

## Iowa State University

Extension and Outreach, Franklin

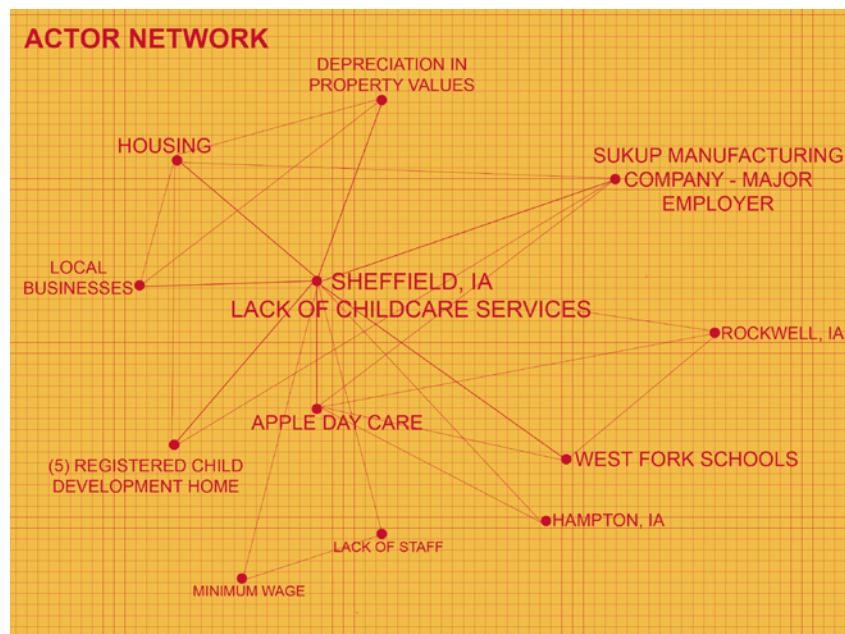
## County

Contributor, Resource

At present, Iowa is experiencing a childcare drought. According to Iowa Women Foundation, about 350,000 children in this state don't have access to childcare facilities and according to the Des Moines Register, more than 700,000 Iowans live in a childcare desert. Sheffield, Iowa, a small town in north-central Iowa has a similar situation. According to Iowa Child Care Resource & Referral, the town has a total of 133 slots available for daycare and 227 children of daycare age (0-11yrs). We are addressing this need by working with the community led group called the Sheffield Betterment Foundation.

By analyzing the conditions in the town, we found the shortage of childcare facilities has had an impact on the community in several ways. Sukup Manufacturing, located in Sheffield, Iowa, is one of the biggest employers in the town and the surrounding area. Another major employer in the town is the West Fork Community School District. Among other reasons, the shortage of childcare is not attracting people to come into the town and settle down. It's affecting real estate and economic development in the area.

Due to the presence of these conditions, there is a pressing demand for child care in the community. Because of this a child care subcommittee of the Sheffield Betterment Foundation, a community-led effort, has been formed. We are working with this sub-committee to provide alternatives to alleviate this need. The Rising Star Interns researched the options to solve this problem. This community led initiative will need financial support through grants, awards, donations. It is one step towards eradicating the child care drought that surrounds Iowa.



The Rising Star Interns attend many meetings and visited a variety of child care facilities. Hearing from the community and touring the facilities helped open the door to the options that are presented later in this report. Here are summaries from the meetings that the interns attend.

## **Child Care Committee Meeting - May 20, 2019**

The Child Care Committee, under the Sheffield Betterment Foundation, held a meeting to talk about the creation of a survey, the questions that will go on the said survey, and the distribution to the community. We also created an email for the group to answer questions and keep in contact with the community.

## **Sheffield Care Center - May 23, 2019**

Child Care Committee members and Rising Star Interns met with the Sheffield Care Board to discuss the possibility of intergenerational care coming to their facility. Child Care Committee members were there to answer any questions the board had and give ideas of how to make the idea function.

## **Sheffield Betterment Foundation Meeting - May 30, 2019**

Since the Child Care Committee is a subcommittee of the Sheffield Betterment Foundation, members attend the meeting of the foundation to give an update on what has been happening in the committee.

## **Meeting with Jennifer Van Ryswyk - June 13, 2019**

Rising Star Interns also met with Jennifer Van Rysyk, from the Child Development Lab School, ISU to discuss proposing the idea of intergenerational care to the community and Sheffield care facility, finding funding, and different possibilities that can come out of an innovative care facility.

## **Sheffield Betterment Foundation June 20, 2019**

At the foundation meeting, the committee urged more members to share the survey and take it if they haven't. The Child Care Committee also gave an update on activities that they have been doing and projects they have been looking into.

## **North Iowa Council of Government (NIACOG) June 21, 2019**

Rising Star Interns traveled to Mason City to meet with Chris Diggins, local assistant director at North Iowa Council of Governments, to talk about different funding and grant options.

## **Child care Committee Meeting June 24, 2019**

The Child Care Committee met to talk about closing the survey and having another meeting with the Sheffield Care Board. Here we planned to bring the head coordinator from Acorn & Oaks to talk to the Sheffield Care Board.

## **Hampton Community Christain May 15, 2019**

Rising Star interns met with Hampton Community Christain day care to check out how a functional and recommended child care facility operates.

## **Apple Day Care May 16, 2019**

Laurie Sanders gave a tour of Apple Day Care to the Rising Star Interns. This tour helped the interns see how day to day operations go and the space that is currently being used. Interns asked questions and listened to Apple day cares expectations of the project.

## **Acorns & Oaks Christain Day care, June 13, 2019**

Rising Star Interns toured the Acorns & Oaks Christain intergenerational care facility. Tammy Kratz, the day care director and intergenerational care coordinator, shared the opportunities and challenges that come along with an intergenerational facility and the activities the residents and children participate in.



To determine the exact child care needs in the community of Sheffield the Rising Star Interns developed a survey. This survey was distributed via word of mouth, Facebook, emails, flyers, and posters. A QR code and link were used to make access to the survey easier. The following are the responses to the survey.

## Please tell us who you are?

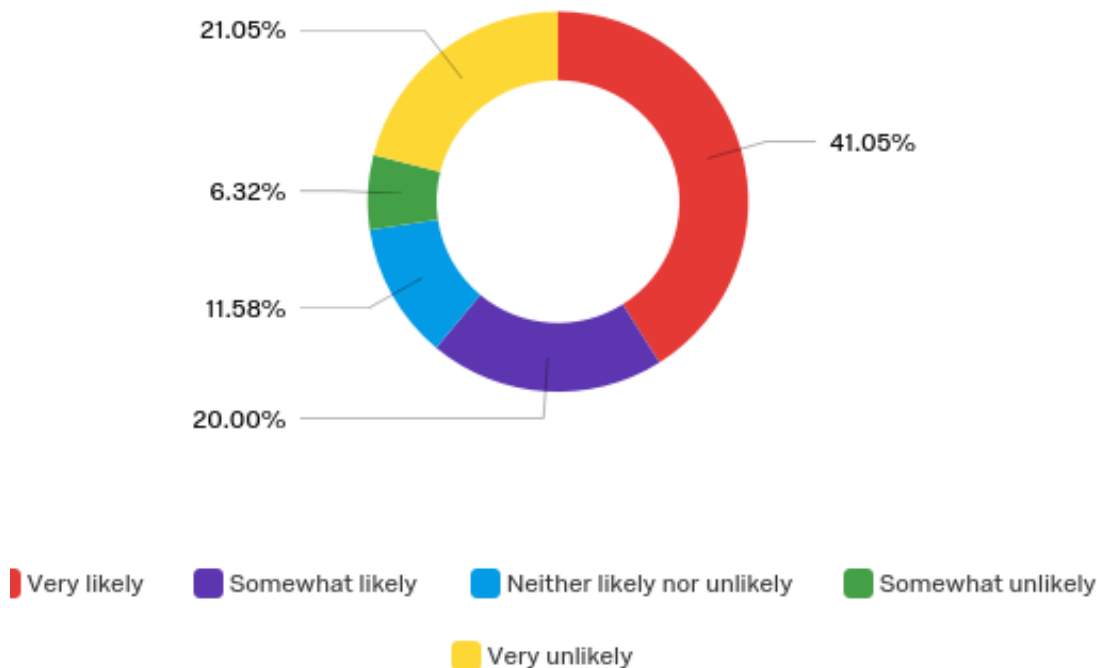
From the people who took the survey, 85% (83) reported that they were a parent or a guardian. 11% (11) reported that they were planning to be a parent and 4% (4) indicated as other than parents or guardians (grandparents and parents without kids)

## Which community do you live in?

A little over half of the people from the survey (55%) live in Sheffield (53), 27% (26) were from the towns around Sheffield (Chapin, Hampton, Swaledale, and Rockwell), and 19% (18) were from places other than the surrounding area (Mason City, Thornton, and Daugherty).

## If additional childcare options were brought into our community, how likely would you be to utilize the program?

The survey showed that 61% (58) of people are very or somewhat likely to utilize a new child care facility. 12% were neither likely or unlikely and 27% (26) were somewhat or very unlikely to use the program.



## Do you work in Sheffield?

Of the people surveyed, 46% (45) work in Sheffield and 54% (52) worked some where other than Sheffield.

## Do you currently have children 10 years or younger in your household or expecting to add in the next 12 months?

From the people who took the survey, 89% (86) have children of day care age, with 11% (11) not.

## How many children do you have in the age group below?

Of the population surveyed, there were 84 children who could use full-time daycare, 73 that could use part-time, and 27 that wouldn't use day care based on their ages.

Pregnant /planning: 17

2 weeks - 24 months: 20

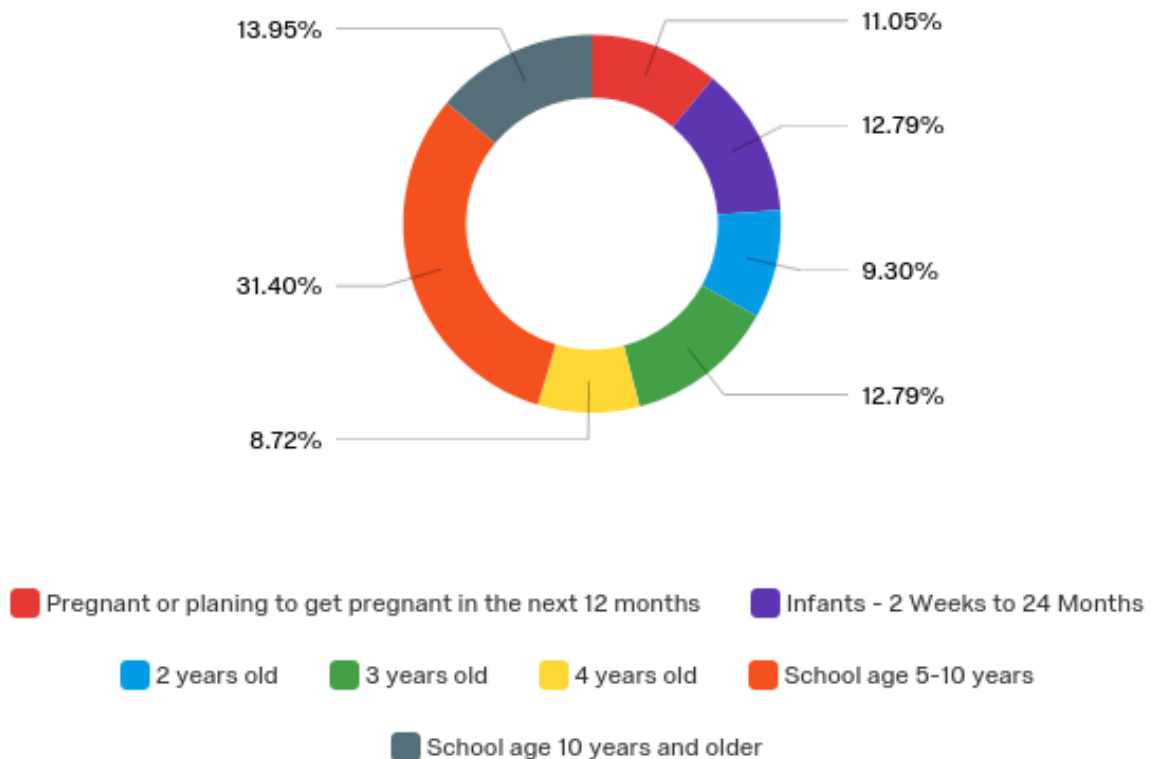
2 years old: 14

3 years old: 21

4 years old: 13

5 - 10 years old: 73

10 years +: 27



**Please indicate what kind of care schedule you need. (please select all that apply)**

The survey showed that 40% (37) of people need full-time child care (40 or more hours per week), 2% (2) need part-time child care (half-day, five days per week), 20% (18) need partial week care (two to three times a week), 1% (1) needs partial half day care (half day, two to three times a week), 0 need before school care, 2% (2) need after school care, 10% (9) need summer or non-school day care, 1% (1) needs evening or overnight care, and 24% (22) said no child care is needed at this time.

**What type of child care do you currently use for your child? (please select all that apply)**

From the people who took the survey, 18% (19) currently use an in-home child care provider in Sheffield, 6% (6) use an in-home provider outside of Sheffield, 13% (14) use care provided by a nanny or babysitter, 17% (8) use a child care center, 4% have children cared for by a spouse or significant other, 4% (4) have children cared for by an older sibling, 14% (15) have children cared for by another family member, 20% (21) have no current childcare provider, and 5% (5) have a type of care not listed.

**Which one of the following kinds of child care do you prefer?**

Of the people surveyed, 39% (35) said they prefer home-based child care, while 21% (19) claimed they preferred center based child care, 33% (30) didn't have any preference, and 8% (7) preferred care provided by a family member.

**Please indicate what the optimal drop off time for your child?**

The survey showed that 16% (14) of people would like to drop their child off between 5:00am and 6:00am, 24% (21) of people would like to drop their child off between 6:00am and 7:00am, 44% of people would like to drop their child off between 7:00am and 8:00am, 9% (8) of people would like to drop their child off between 8:00am and 9:00am, and 6% (5) of people would like to drop their child off at a time not listed above.

**Please indicate what the optimal pick up time for your child?**

According to the survey, the optimal pick up time for parents and guardians is between 5:00-6:00pm, with 40% (34) preferring that time. Other preferred time are between 4:00-5:00pm at 37% (32), between 3:00-4:00pm at 13% (11), and other times at 11% (9).

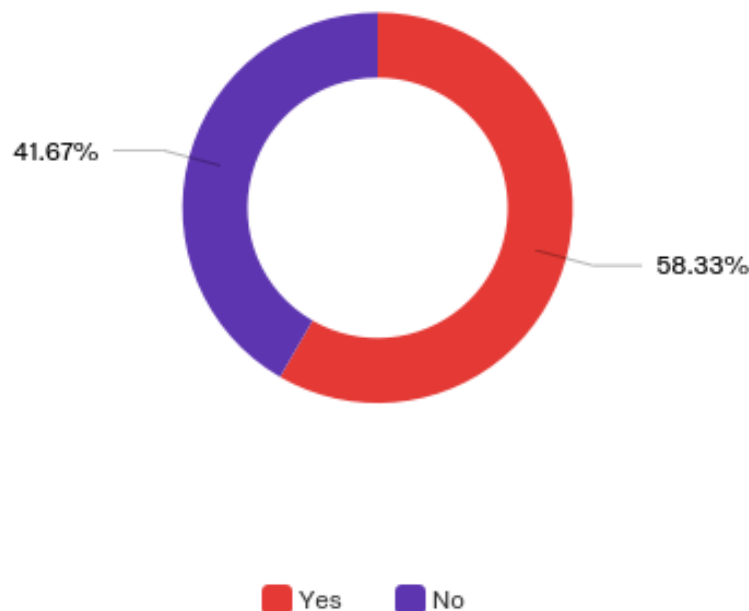


## Have you had any of the following child care related problems in the past 12 months?

74% (98) of the people surveyed experienced a child care related problem and 26% (35) haven't. Of these problems 14% (18) of people have had problems with the cost of childcare, 13% (17) had problems with finding temporary care, 3% (4) had problems with finding care for children with special needs, 10% (13) had problems with location, 5% (6) had problems with transportation to/from pre-school, 5% (7) had problems with transportation to/from school, 6% (8) had problems with dependability of the child care provider, 7% (9) had problems with the quality of the child care provider, 12% had problems with the schedule and care for their child that matches their work schedule, and 26% (35) selected other and identified that they had no problems with child care or were pregnant or planning.

## Have you been turned away by child care providers because there were no spots available?

58% of surveyees claimed that they have been turned away because the current child care options did not have any available spots.



Opportunities and Challenges

Throughout the summer the Rising Star Interns attended meetings and researched and the community took the survey to determine what the options are to solve the child care need in Sheffield. The following shows the opportunities and challenges of each option. This is to be used by the committee to determine the best solution for the community.

Status Quo

This option shows that if nothing is done to solve this problem the community will still have a problem. It doesn't have opportunities and challenges because it is just a lot of challenges. It would leave the community with the same high need that they already have with a risk of it getting worse.

Expand Existing Day Care

Apple Day Care is a small, and the only, child care center in town. It is in an old church, surrounded by homes and has a small outdoor space. On expansion, there would be several accommodations that would need to be made to reach the Department of Human Services (DHS) regulations in order to maintain their license.

Opportunities	Challenges
<ul style="list-style-type: none"><li>• More children will be in childcare in Sheffield</li><li>• Continue to go to West fork schools</li><li>• Growth for local business</li><li>• Already have expansion plan laid out</li><li>• It's always full and would allow more registration and possible drop ins</li></ul>	<ul style="list-style-type: none"><li>• Location, land locked</li><li>• Building owned by school</li><li>• Not enough employees with current building</li><li>• Be able to pay enough in wages to keep people employed</li><li>• Someone needs to finance the building expansion.</li><li>• More overhead</li></ul>

## Opportunities and Challenges

### New Facility

This option would be a stand-alone child care facility in Sheffield. The new facility will open up more slots and cater to the varied needs of the community.

Opportunities	Challenges
<ul style="list-style-type: none"> <li>• Could handle more children</li> <li>• More jobs for people</li> <li>• Able to have more space for activities for children to do</li> <li>• Be able to have classrooms for different age groups</li> <li>• Gives sheffield options of larger towns</li> <li>• Allows drop in spots</li> <li>• New business to add to community</li> <li>• Gives parents options</li> </ul>	<ul style="list-style-type: none"> <li>• Competition with the current child care center</li> <li>• Lack of location options</li> <li>• Fear of change</li> <li>• Fundraising, cost-covering</li> <li>• Employing good, reliable help</li> <li>• Hiring someone capable to run a large facility</li> </ul>

### Hybrid option

In this option, the existing day care would turn into a before and after school, summer, and holiday care only and a new facility would function for regular day care hours. The existing facility would have the option to work with the West Fork school.

Opportunities	Challenges
<ul style="list-style-type: none"> <li>• More room for older children</li> <li>• More potential for age appropriate activities</li> <li>• Ideal for families only needing summer care</li> <li>• Older kids out of trouble/danger instead of unsupervised</li> <li>• Would benefit the school</li> <li>• Food program for families unable to afford meals</li> </ul>	<ul style="list-style-type: none"> <li>• Location</li> <li>• Finding workers</li> <li>• Setting cost</li> <li>• Dropping children off in two different locations</li> <li>• Would interfere with current afterschool program</li> <li>• Finding people to work short hours</li> <li>• Overhead would be about the same as having kids there all day- heating and cooling</li> </ul>



Opportunities and Challenges

Intergenerational care

The interaction among the elderly and children has many positive benefits in their physical and mental health. In the town, there is an existing nursing home and assisted living facility. This option would combine the nursing home with a new child care facility by expanding the existing building. They would be two separate entities, interacting on the same campus.

Opportunities	Challenges
<ul style="list-style-type: none"><li>• Land available</li><li>• Positive press opportunity for Sheffield and care center</li><li>• Beneficial for both groups as shown by research</li><li>• Established center interest</li><li>• Lucrative for nursing home’s take home meals, providing daycare meals</li><li>• The mixing of the generations, allowing generations to build relationships with each other</li><li>• Children that don’t have grandparents or grandparents that don’t have children that visit</li><li>• Potential growth for local center or for additional business in community</li><li>• Mental health benefits for both children and adults.</li></ul>	<ul style="list-style-type: none"><li>• People accepting change (fear of the unknown)</li><li>• Limits care centers opportunities for expansion</li><li>• Setting up separate entity</li><li>• Sickness, keeping both residents and children healthy</li><li>• Someone to take on the building of the facility</li><li>• Finding someone to run the facility</li></ul>

It is important to note that these were opportunities and challenges lists were made by several members of the community, and is a reflection on what the community has observed.

The present in-home day care providers are of retirement age, additionally, there is an interest from the community in having in-home day care providers. The community brainstormed to provide resources to people who would possibly consider or are considering being an in-home day care provider. Two ideas were brought up in the meetings with the Child Care Committee. One of the ideas was to have a system to exchange in-home daycare supplies. Having a system in place for exchanging supplies or even buying it for a lesser cost, would be financial help. The other idea was a mentoring program for new in-home day care providers. Opening an in-home child care center requires a lot of processing in order to license it through Department of Human Services (DHS). Hence having a mentorship program for people willing to consider in-home daycare would be helpful.

A possible solution to these two ideas is to utilize the Sheffield Community website or the potential Sheffield Betterment Foundation website. A Facebook group could be created to buy, sell, and exchange in-home day care supplies. The link to that could be posted on the website where it would be easy to find. A document with all of the contact information for current in-home daycare providers in Sheffield could be created and posted on the website. This way new providers could contact current providers with questions.

Child Care Resource and Referral (CCR&R) is a program that supports quality child care throughout Iowa. It helps families find the childcare that best fits their needs and assists child care providers. They are a good resource for in-home and center-based day cares. You can use the website, call, or even meet in person. All of the information can be found by using their website:

<https://iowaccrr.org/>

## Foundations and Grant Sources:

3M Contributions Program  
Aegon USA Charitable Foundation, Inc.  
AgriLink Foods/Pro-Fac Foundation  
Ahrens Foundation  
Alliant Energy Foundation  
American Legion of Iowa Foundation  
AmerUs Group Charitable Foundation  
Bertha Stebens Charitable Foundation  
Community Foundation of Fort Dodge and North Central Iowa  
Elizabeth Muse Norris Charitable Fund  
Ella B. Foster Charitable Trust  
Ernest Sargent Family Foundation  
Figge Charitable Foundation  
George Daily Trust  
Harold R. Bechtel Charitable Remainder Unitrust  
Humanities Iowa  
Iowa Network Services Grant  
Iowa Women's Foundation  
John Deere Foundation  
John Ruan Foundation Trust  
Kuyper Foundation  
Land O'Lakes Foundation  
Lee Endowment Foundation  
Leighty Foundation  
Maquoketa Area Foundation  
Marie Huebotter Bechtel Uni-Trust  
Max and Helen Guemsey Charitable Foundation  
Maytag Family Foundation  
MidAmerican Energy Foundation  
New Hope Foundation

Pella Rolscreen Foundation  
Pioneer Hi-Bred International Community Investment  
Roy J. Carver Charitable Trust  
Sheaffer, W.A. Sheaffer Memorial Foundation, Inc.  
Stratford Foundation Trust  
US Bank  
Vermeer Charitable Foundation, Inc.

## Other Considerations.

These considerations have been compiled as ways for the potential day care to earn or save more money than a traditionally run day care. This list is not exhaustive but will serve as a starting point for the people who run the day cares in the future.

### **Purchase Space / Discount Program:**

“Early Childhood Development Toolkit For Employers”:

[www.epicemployertoolkit.org/increasing-access-to-quality-child-care-.html](http://www.epicemployertoolkit.org/increasing-access-to-quality-child-care-.html)

### **Purchase Space:**

“The employer arranges to ‘own’ a specified number of spaces in a local child care program. Parent fees may cover most or all of the cost of any spaces used, but the company typically covers all or a portion of the cost of the unused spaces so that the program can afford to keep the spaces open for the company.”

### **Discount Program:**

“The employer arranges for employees to have a fee lower than that typically charged. The difference in fees is usually absorbed by the company through a financial contribution to the program. Some programs that would not be full without the employer’s patronage may offer a discount that is greater than the employer’s contribution. Discretion should be used in these cases; such programs may not be completely filled because of their poor quality.”

### **Child and Adult Care Food Program: (CACFP)**

<https://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

The Child and Adult Care Food Program, CACFP, is a federal program that reimburses child care centers and adult day care centers on healthy meals and snacks. Care facilities that are eligible for the CACFP are private or public nonprofit child care centers, outside of school-hour care centers, Head Start programs, and other institutions which are licensed or approved to provide day care services. For information you can look on



## Department of Human Services (DHS)

DHS regulations are a very important part of creating and maintaining child care programs and facilities. They are what keeps the programs up to standards, following the laws, and quality. They can be found at this link:

<https://iowaccrr.org/resources/files/BGP/55%20Comm204.pdf>

(A condensed version is below)

Iowa Child Care Resource and Referral is a program that supports quality child care. CC&R provides helpful information to child care centers, in-home child care, and parents searching for child care. This information includes DHS regulations, tax webinars, information on licensed child care and so much more. More information on Child Care Resource and Referral can be found at the link below.

<https://iowaccrr.org/>

### **Introduction.**

In Iowa on average, there are more than 100,000 children cared for in more than 1,500 licensed child care centers, preschools, and before and after school programs across the state.

### **Applying for License Pg 9**

1. Receive starting packet forms from child care consultants
  - Any questions are to be directed to child care consultants
2. “Sufficient” applications must include
  - Application for the License (Form 470-0722)
  - An approved State Fire Marshal’s report
  - Floor plans indicating room descriptions and dimensions including location of windows, doors, and exits
  - Information sufficient to determine that the center director meets the minimum qualifications
  - The regulatory fee is received by the Department Division of Fiscal Management in 109.6(6)

## Department of Human Services (DHS)

### Staff requirements (age) Pg 72

- Be at least 16 years of age, if less than 18 years old, must be under the direct supervision of an adult
- Be involved with children in programming activities
- One staff person must be over the age of 18 certified in CPR.
- Outdoors
- Field trips

### Ratios of staff

Age of Children	Minimum Ratio of Staff to Children
2 weeks to 2 years	One to every four children (1:4)
2 years	One to every six children (1:6)
3 years	One to every eight children (1:8)
4 years	One to every 12 children (1:12)
5-10 years	One to every 15 children (1:15)
10 years and above	One to every 20 children (1:20)

### Combinations

- 4+ years may have staff ratio determined on the age of majority of children in the group
- If children three years of age and under are included in the combined age group, the staff ratio for children aged three and under shall be maintained for these children
- The National Fire Protection Association recommends lower ratio for non-ambulatory children for fire safety

### Health and Safety Policies, Pg 89

Daily activities should be in a daily written record should include:

- The time periods in which the child has slept
- The amount of food consumed and the times at which the child has eaten
- The time of any irregularities in the child's elimination patterns
- The general disposition for the child
- A general summary of the activities in which the child participated

## Department of Human Services (DHS)

### Physical Facilities, Pg 115-127

- Room size
- 35 sq ft. of useable floor space per child
- Minimum of 80 sq. ft
- NHSPS recommend 50 sq. Ft of floor space in rooms that are used as program and sleep areas for children under the age of two infants area
- Should be safely equipped for the use of infants and free from the intrusion of children two years and older
- 18 months may be group outside if developmental needs are met
- Children up to 2 with developmental delays in physical and cognitive function may remain with the infants if appropriate.

### Facility requirements

- Sanitary, safe and hazard-free
- Adequate indoor and outdoor space
  - Accommodate 30% of enrollment capacity at one time at 75 sq ft. per child
  - Outdoor area must be safe and include an area of shade
- Space provided for dining to allow ease of movement and participation by children, allows enough space for staff to attend needs of children during routine care and emergency procedures
- Sufficient lighting, allowing children to perform tasks without eye strain
- Sufficient ventilation to maintain adequate indoor air quality
- Sufficient heating for child comfort without excessive clothing
- Sufficient cooling so children don't get excessively warm
- Sufficient bathroom and diapering facilities are provided to attend immediately to children's toileting needs and maintained to reduce the transmission of disease
- Equipment, including kitchen appliances, placed in a program area is maintained so as not to result in burns, shock or injury to children
- Sanitation and safety procedures for the centers are developed and implemented to reduce the risk of injury or harm to children and reduce the transmission of disease

### Location and Safety:

- Located in an area that does not pose environmental or safety hazards to children
- High-traffic area, close to road
- Airstrips near by
- Gravel pits, storm drains, ditches
- Abandoned wells

## Department of Human Services (DHS)

### **Outdoor space:**

- Room to develop gross motor skills, intellectual, emotional, and social skills
- Going outside allows children to “burn off extra energy”
- Minimum of once or twice a day for going outside is preferred
- Constructed to not allow ponding of water, electrical hazards
  - No high voltage lines, electric substations, or air conditioning units
- Reduction of infestation of insects and risk of disease transmission by insects
  - Low levels of ponding
  - Clean toys that can hold rainwater
  - If by railroad tracks, streets, or water hazards centers play areas should be enclosed by a fence at least 4 foot high
- Shaded areas to reduce sun exposure can be man made
  - Awning
  - Tent
  - Shade from building

### **Indoor space:**

- Ease of movement by staff and children
- Enough room to do individual and group tasks including:
  - Napping
  - Toileting
  - Diaper changing
- Office space
- Break space for staff

### **Dining**

- Area should be arranged so children are not crowded
- Staff can move between chairs
- Table heights are waist and mid-chest level
- Chairs should allow children to rest feet on the ground
- Cannot fully open or opened no more than 6 inches



## Department of Human Services (DHS)

### **Lighting**

- Ample Lighting for engaging in activities
- Minimum lighting of 20 ft. candles
- Ventilation
- Ceiling heights if at least 7 feet
- Improves air quality and ability of furnaces and air conditioners to maintain consistent temperatures.
- Windows child safe

### **Heating**

- For children under 5 years old, floor temperatures should be monitored
- Temperatures should be maintained at temperatures of 65-75 degrees when below 65 degrees

### **Cooling**

- For children under 5 years old, floor temperatures should be monitored
- Temperatures should be maintained at 68-72 degrees when above 82 degrees

### **Bathroom and diapering facilities**

- Be sanitary
- Provide for individual, single use or disposable clothes or towel and handwashing soap
- Appropriate waste receptacles
- Have provisions for privacy when appropriate
- Have equipment sized or modified to the developmental age of the child
- One functioning toilet and 1 sink for each 15 children shall be provided

## Department of Human Services (DHS)

### Activity Program Requirements Pg 138-147

#### Activities

- Written curriculum
- Promotes self esteem, positive imaging, social interaction, self-expression and communication skills
- Balance active and quiet activities, group activities, indoor and outdoor activities, and staff initiated and child initiated activities
- Activities which promote both gross and fine motor development
- Experiences in harmony with the ethnic and cultural backgrounds of the children
- Supervised nap or quiet time for all children under the age of 6 or not enrolled in school who are present at the center for 5 or more hours

### **Americans with Disabilities Act (ADA):**

ADA provides laws and regulations for people with disabilities. This is important to build and maintain a facility that is lawful and provides for all people. The website link is

<https://adata.org/publication/disability-law-handbook>

The following are people that have worked with the Rising Star Interns to provide information and create this report. They are willing to be resources in the future.

**Mary Ambsaugh**

Sukup/ Chair of Committee

Phone: 515-420-2350

**Michelle Sackville**

ISU Extension and Outreach

Phone: 641-456-4811

**Laurie Sander**

Apple Day care

Phone: 641-892-4647

**Sara Shreckengost**

Home Provider

Phone: 641-892-4746

**Karen Clark**

Home Provider

Phone: 641-892-4955

**Tammy Kratz**

Acorn & Oaks Intergenerational Care  
Facility

Phone: 515-642-0064

**Hampton Community Christain  
Child care facility**

Phone: 641-456-4922

**Club Cadet**

Child care Facility

Phone: 641-579-6555

**Iowa State University Extension and  
Outreach****Human Sciences Family Services**

<https://www.extension.iastate.edu/human-sciences/child-care-education-professionals>

**Franklin County Development  
Association****Katie LaBree, Director**

[fcadirector@gmail.com](mailto:fcadirector@gmail.com)

(641) 456-5668

[franklincountyiowa.com](http://franklincountyiowa.com)

**Jennifer Van Ryswyk****Director, Child Development Lab  
School, ISU.**

[jenvan@iastate.edu](mailto:jenvan@iastate.edu)

Working with the Day care Committee of the Sheffield Betterment Foundation on assessing the community and creating options that they will use to make a decision and move forward on the project has been a very interesting and gratifying experience. This is an organized and committed group with strong leadership that will move them toward their goals. As three interns coming in with a very basic understanding of economic development projects, we are inspired by the foundation that has been set by this group. As we reflect back, we stand gratified at our learning and achievements. We extend our warm regards to the group and all the beneficiaries involved for being great resources. We consider this report as a tool to use when making decisions to weigh the options and understand the conditions of the community.

As we move forward, we are excited to see what the group has to do with our help. Three of us are very optimistic about the project and have no doubt that the group will soon start bringing their plan into reality.

We want to acknowledge the opportunity given to us, our involvement has helped us understand the nuances of projects such as these and the myriad of parts and pieces that come into consideration.

We hope for the best and wish success to Child Care Committee of the Sheffield Betterment Foundation.



Iowa Child Care Resource & Referral - Department of Human Services

<https://iowaccrr.org/resources/files/BGP/55%20Comm204.pdf>

Americans with Disabilities Act

<https://www.ada.gov/>

Child Care Resource & Referral

<https://iowaccrr.org/>

Early Childhood Development Toolkit For Employers

<http://www.epicemployertoolkit.org/increasing-access-to-quality-child-care-.html>

Child and Adult Care Food Program: (CACFP)

<https://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

---

## Special Thanks To Our Sponsors

John Lawrence, Vice President For Extension and Outreach  
ISU Extension and Outreach, Franklin County  
Sukup Manufacturing Co.  
UBTC Bank  
Central Park Dentistry

This document was produced as part of the Iowa State University Extension and Outreach Rising Star Internship. Iowa State University Extension and Outreach does not endorse any specific product, organization, or entity highlighted in this document.





# WORTH COUNTY TRAIL SYSTEM

## Rising Star Internship Program Region 3

Iowa State University Extension and Outreach  
Rising Star Internship

[www.extension.iastate.edu/countyservices/rising-star-internship](http://www.extension.iastate.edu/countyservices/rising-star-internship)

**IOWA STATE UNIVERSITY**  
Extension and Outreach



# CONTRIBUTIONS

## **Emily Leerhoff**

(ISU Student in Family and Consumer Sciences)

*Writer, Editor, Photographer.*

## **Rachel Findling**

(ISU Student in Agricultural Education)

*Writer, Editor*

## **Samarth Vachhrajani**

(ISU Student in Architecture)

*Writer, Designer, Photographer*

## **Donovan Olson**

(ISU Extension and Outreach Region 3 Director)

*Contributor, Resource*

## **Iowa State University Extension and Outreach Worth Couty**

*Contributor, Resource*

## **Top Of Iowa Trail Committee**

*Contributor, Resource.*

# TABLE OF CONTENTS

<b>Introduction</b>	01
<b>TOIT Leadership</b>	02
<b>Meetings Attended</b>	03-04
<b>Section 1: Existing Routes</b>	05-08
1.1 Action Plan	
1.2 Identify Routes	
1.3 Contact About Signage, Safety, and Other Rules	
1.4 Seek / Acquire Finding Sources	
1.5 Acquire Signage and Information on Safety	
1.6 Install Signs and Safety Measures	
1.7 Advertise New Trails	
<b>Section 2: New Trails</b>	09-18
2.1 Timeline	
2.2 Plan Projects	
2.3 Plan Routes	
2.4 Feasibility Details	
2.5 Decide Optimal Route and Determine Responsibilities	
2.6 Plan Beautification	
2.7 Find Funding	
2.8 Professional Consultation	
2.9 Acquire Land and Supplies	
2.10 Start the Project!	
2.11 Move to The Next Phase and Repeat	
2.12 Possible Trail Destinations	
2.13 Case Study of Hanlontown & Fertile	
<b>Section 3: Strategies to Acquire Land</b>	19-20
<b>Section 4: Types of Trails</b>	21-22
<b>Section 5: Beautification Elements</b>	23-24
<b>Section 6: Funding Sources</b>	25-26
<b>Section 7: Common Costs</b>	27
<b>Section 8: Marketing</b>	28-29
<b>Conclusion</b>	30
<b>Directory</b>	31
<b>References</b>	32

# INTRODUCTION

01

## Worth County Trail System

The Top Of Iowa Trail group (TOIT), based in Worth County has an economic development plan for a trail system. This will be accomplished by connecting the seven towns in the county. Their goal is to involve the towns in economic development opportunities and provide the community with recreational spaces. They care about the health and wellbeing of their communities and want to bring the towns together and connect them to provide a different option for mobility and recreation. Their intentions are to make the natural environment that surrounds them more accessible to people coming in from urban areas. Through this trail system, they are targeting tourism to alleviate economic conditions and eventually improve the quality of life in their communities.

The Top of Iowa Trail Committee has been in existence for the past few years and has been working towards potential trail options. This summer the Rising Star Interns helped the group set up a strategic plan, which will guide them towards achieving their goals. With a stepby-step plan, the group can take necessary actions as recommended. The group and the dynamics within resonates with ambitions and hard work. It is a valuable learning experience for all of us to navigate with this group and set goals and get into action. The group not only is active in work but also very prompt and open to new ideas and resources.



Left to Right :  
Dennis Johnson, Tom Reid, and Myron Lupkes  
Members of Top of Iowa Trail Group.

## Statements From Community Leaders

### **Tom Reid:**

“It was a bicycle event, RAGBRAI, that initially brought me to Iowa. I’ve been an avid cyclist for more than 30 years, and when I heard about an effort to develop a bike trail in Worth County, I was quite interested in being part of it. The Top Of Iowa Trail committee first met in the Spring of 2018. I was elected chair of the committee, and it has been an honor to serve in that capacity. The community support for our effort is validated by the consistent attendance at our committee meeting; we’ve averaged about 18 attendees for the past year and a half, which I find remarkable given the small population (about 7,500) of Worth County. The energy and enthusiasm of this group is encouraging. We are going to have a trail in Worth County, which will create recreational and economic opportunities. Of that, there is no doubt. “

### **Dennis Johnson**

“The Fairgrounds Walking/Biking Trail has been an excellent resource to the citizens of Worth County as a means of fitness and positive health benefits as well as a welcoming recreational and tourist attraction for the Northwood Community. Hundreds of individuals take advantage of getting their daily walk in, exercising their dog, riding their bikes and enjoying the pleasant and relaxing environment that the Fairgrounds Trail provides to their very important healthy living lifestyle.”

### **Myron Lupkes & Jayne**

“We have lived in Worth County for almost 40 years. We have two grown children and five grandchildren. We feel that trails are something that have numerous benefits for our county and local communities. We have served on various community committees and boards to help improve the area. We have been working on the trail project for several years now and are hoping that we can get a short trail in place that we can build from to help continue with additional trails throughout the county, and connect with neighboring counties.”

The Rising Star Interns attend meetings associated with the Top of Iowa Trails group. Attending these meetings and speaking with the communities the interns were able to determine the needs of the group and find the resources available to the group to develop a strategic plan. This strategic plan will help them accomplish their goals stated in these meetings.

## **Fertile City Council Meeting- May 22, 2019**

The Rising Star Interns and Top of Iowa Trail committee members attend the Fertile City Council meeting to propose a recreational trail between Fertile and Hanlontown, Iowa. Overall, the city council seemed welcoming of the idea of a new trail and are excited for the possibilities the trail could bring to the town.

## **Top of Iowa Trail Small Group Meeting- May 28, 2019**

Top of Iowa Trail members and the Rising Star Interns toured possible locations of the recreational trail. This was used to help members visually see the potential area for the trail. During this meeting, TOIT members were informed that the quarry outside of Fertile owns much of the land north of Highway 9. This meeting also brought to light landowners that would potentially allow the path to cut through their land.

## **Hanlontown City Council Meeting- June 3, 2019**

Rising Star Interns and Top of Iowa Trail members attending the Hanlontown City Council Meeting to propose incorporating a recreational trail between Fertile and Hanlontown. Much like the Fertile City Council, Hanlontown was very excited for the possibilities the trail could bring to their town.

## **Top of Iowa Trail Meeting- June 3, 2019**

This meeting was used to start a timeline for the development of the project. Representatives from Fertile, Northwood, Hanlontown, and Joice filled out an information form that laid out their visions and ideas for the trail. Members were also updated on past meetings and grant ideas. Challenges were discussed.



## **Top of Iowa Trail Meeting- June 6, 2019**

Representatives from each town in Worth County attend the Top of Iowa Trail meeting in Northwood. The meeting updated committee members on opportunities and challenges the group has been facing while plotting possible routes for the trail between Hanlontown and Fertile. The interns also discussed the possibility of marking routes the community already rides and adding signage to make the routes safer to ride on.

## **North Iowa Area Council Of Governments (NIACOG) Meeting- June 21, 2019**

Rising Star Interns traveled to Mason City to meet with Chris Diggins, local assistant director at NIACOG, to talk about different funding options for adding signage to roads frequently rode on by cyclists and creating Top of Iowa Trail's expected trail.

## **Winn-Worth Betco Meeting- July 5, 2019**

Rising Star Interns traveled to Lake Mills to meet with Melissa Michaelis, executive director of Winn-Worth Betco. Interns discussed with her the projects and received information on the organization's work. They learned how Winn-Worth Betco can help in writing grants and also provide service on visual documents. The organization would be a good resource who is willing to help the Top of Iowa Trail group in their pursuits.

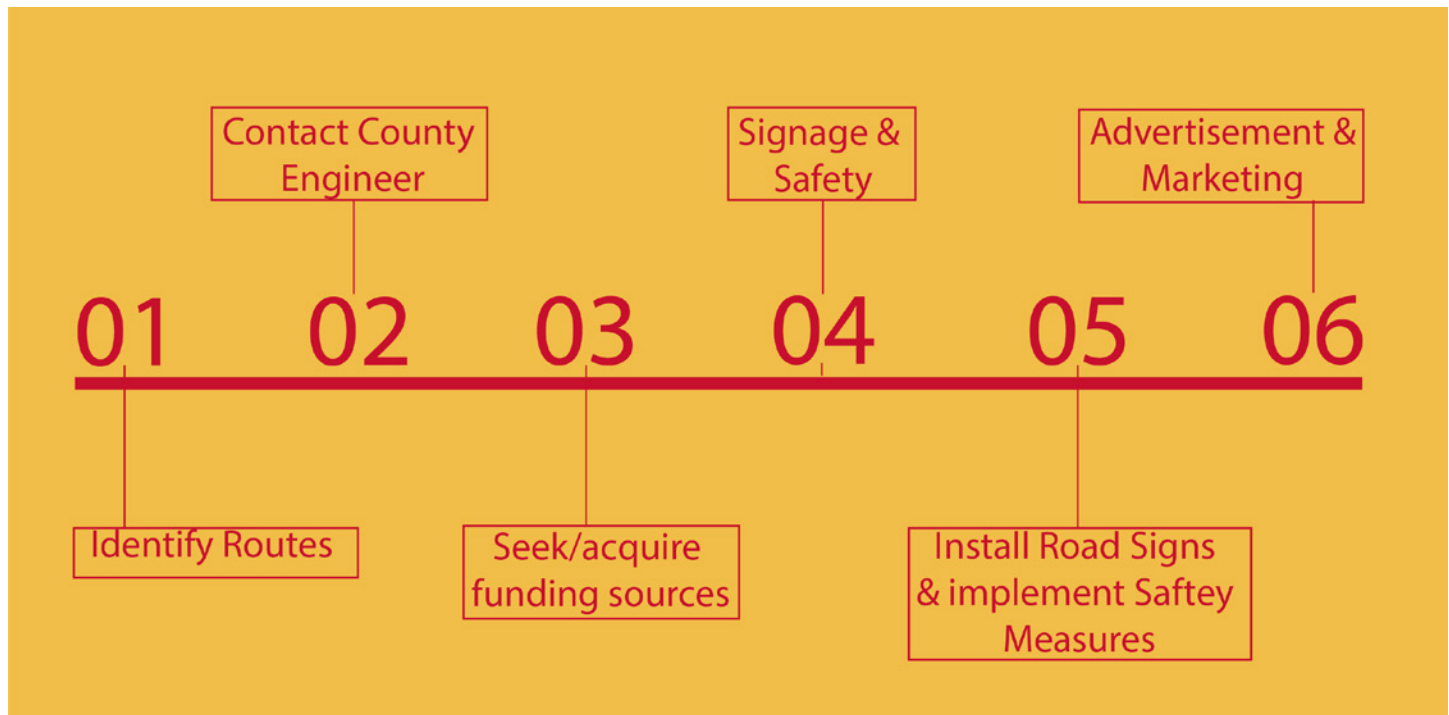


TOP OF IOWA TRAIL COMMITTEE WITH INTERNS



# SECTION 1 - EXISTING ROUTES

05

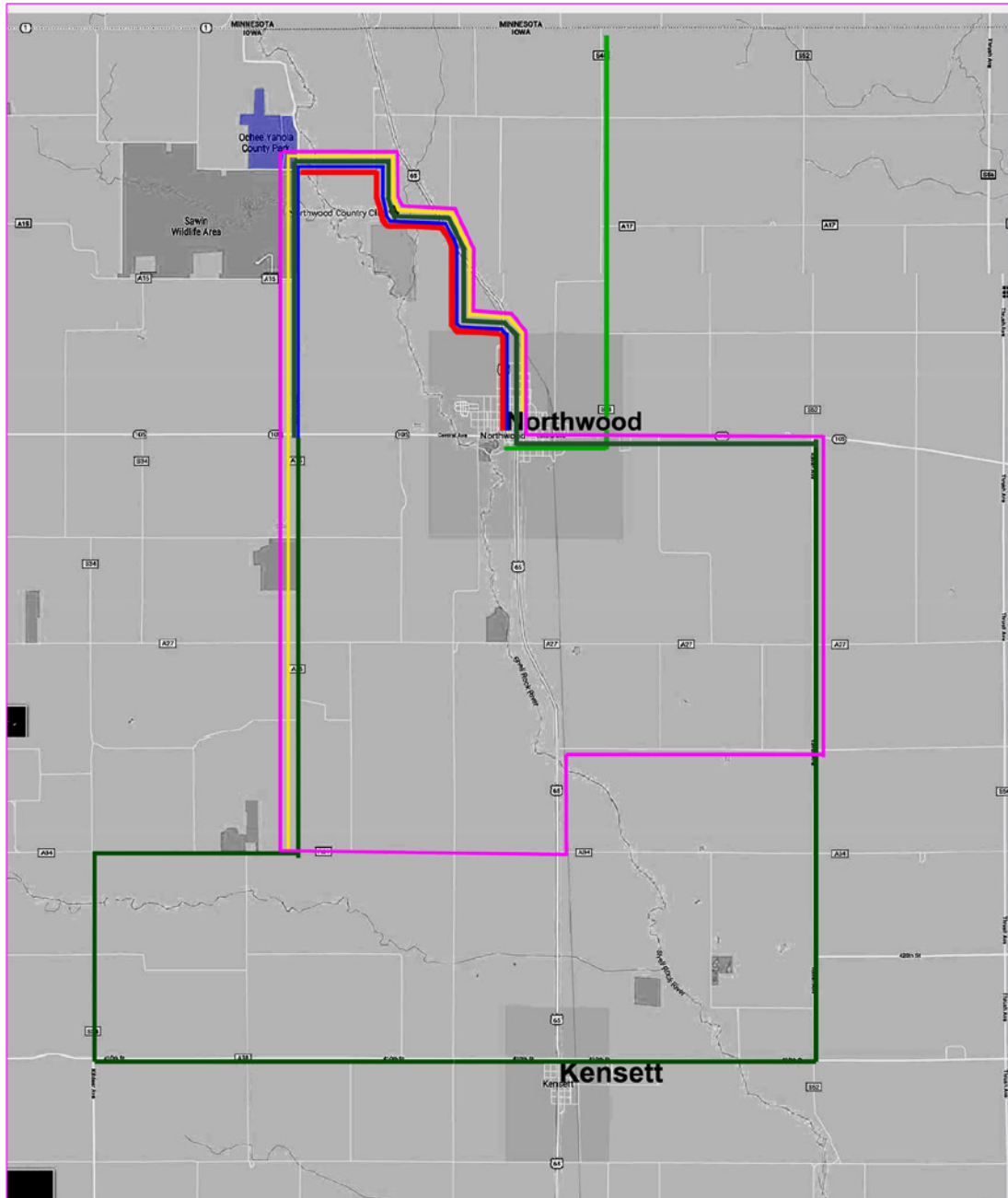


These are the general steps to be followed to create a new trail system. They are explained in detail on the following pages.

# SECTION 1 - EXISTING ROUTES

06

## 1.1: Identify Routes



Different routes residents are already biking on.  
(As of 2019)

## 1.2: Contact for Signage, Safety & Other Rules

Contact the county engineer or another person in charge of roads to acquire information on rules, regulations, and signage requirements. The routes will need to be approved. The county roads are under the county engineer's jurisdiction, the state roads are under the Department of Transportation's (DOT jurisdiction, and the city roads are under the city's jurisdiction.

## 1.3: Seek / Acquire Funding Sources

Look for grants, donations, and other ways to fund the project. Apply or ask for these in order to secure funding. See pages 25-26 for suggested funding sources.

## 1.4: Acquire signage & information on safety

Step four is to purchase the necessary signs and safety materials. Make sure they are correct and approved by the county engineer or another person in charge. See the Manual on Uniform Traffic Control Devices for more information on signage and safety measures.

Link: <https://mutcd.fhwa.dot.gov/>

American Association of State Highway and Transportation Officials  
Guide for Development of Bicycle Facilities, 4th Edition

<http://imentaraddod.com/wp-content/uploads/2017/07/AASH-TO-GBF-4-2012-bicycle.pdf>

# SECTION 1 - EXISTING ROUTES

08

## 1.5: Install Signs and Safety Measures

This step completes the bike route. Once it is done it is ready to ride. Contact the county engineer or another person in charge to make sure the purchased signs and safety measures are installed.

## 1.6: Advertise New Trails

Now the route needs users. Advertising and marketing will make people aware of the new routes, so they can come and enjoy them! See pages 29-30 for information on advertising and marketing.



W16-1P

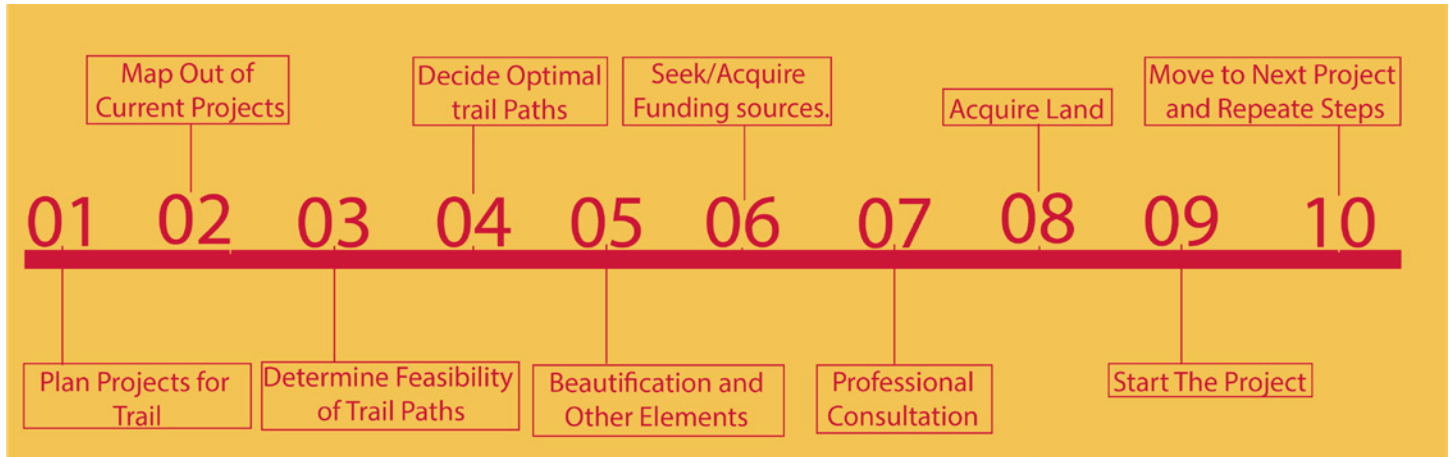


W11-1\*

Signs found on <https://mutcd.fhwa.dot.gov/>



## 1.1 ACTION PLAN



## 1.2 PLAN PROJECTS

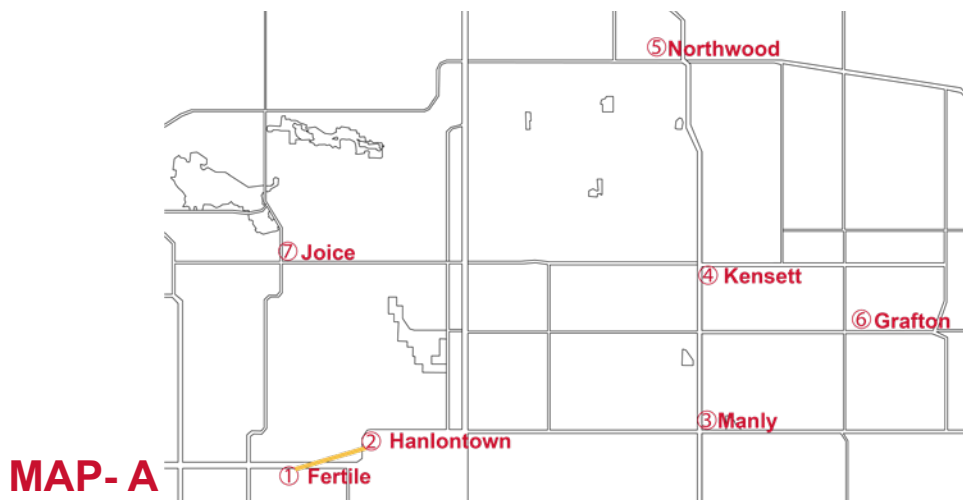
The first step in creating new trails is to plan the order that individual projects will be completed in. The interns have developed a hypothetical example. The following maps are projects in order based on the distance between the towns. These also account for community representation in the meetings Rising Star Interns have been to with Top of Iowa Trail group. These projects and their order are not absolute. It can be changed depending on the circumstances of the situation and other factors.

This is to achieve the goal of connecting the seven towns. Decision making throughout the project needs to heavily consider the context. Since distance is an important variable in cost calculations for the trails, the following options are planned, keeping in mind the distance between the towns.

## Projects

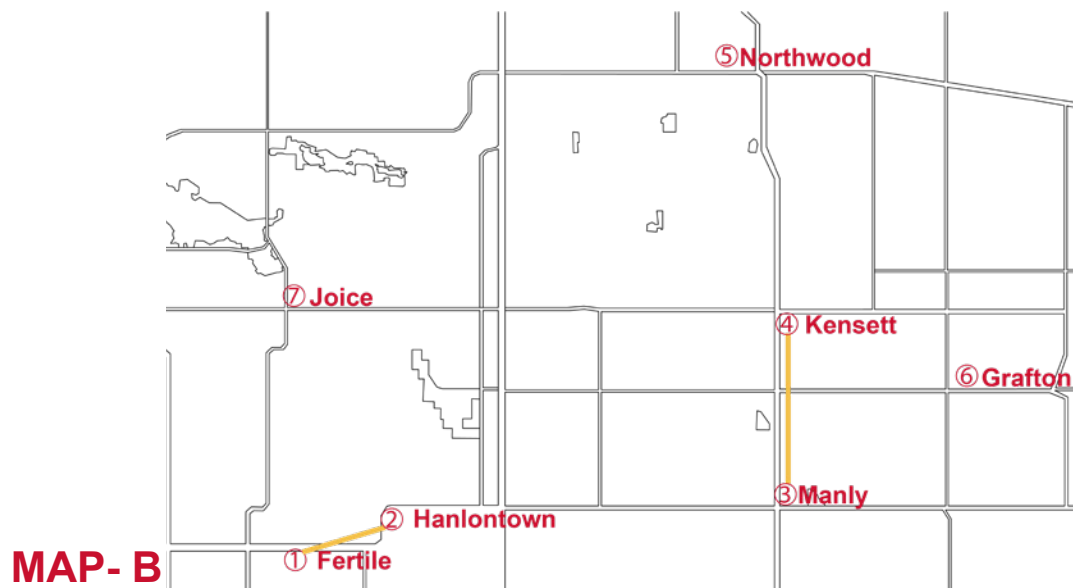
### Hanlontown - Fertile (around 3-5 miles)

These towns are around 3 miles apart making it a possible option to start with. The city councils are excited to have a trail in their communities. It is also very scenic as the Winnebago river winds down around these towns. See pg. 17-18 for an example of these two towns.



### Manly - Kensett. (around 5 miles)

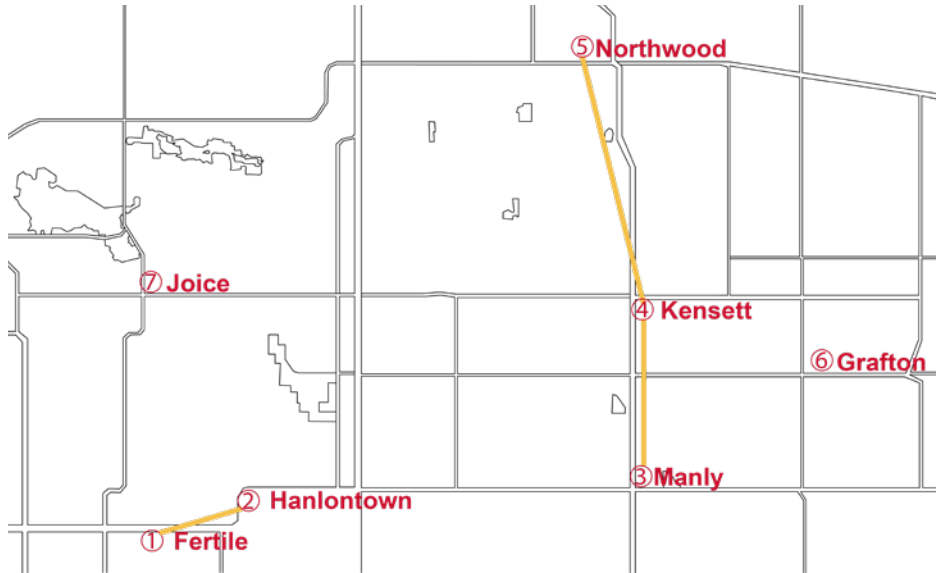
These two towns are 5 miles apart and would be a good option for the next step. Consider always having community members represented in the Top of Iowa Trail meetings.



## Projects

### Kensett - Northwood (around 6.5 miles)

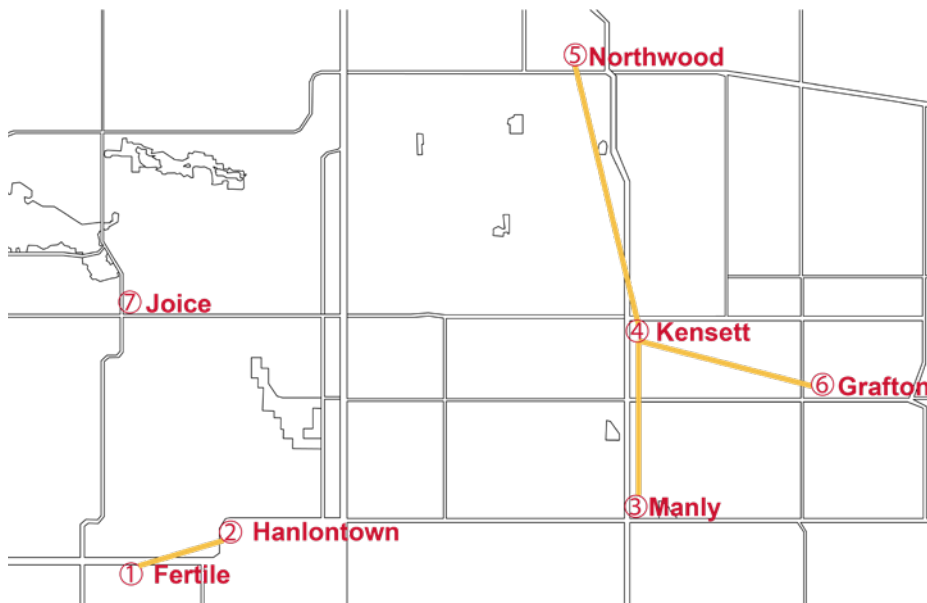
This would be a viable option after Hanlontown and Fertile. The distance is not very long and both towns have been represented so far. There is an interest in the communities as well.



MAP- C

### Kensett - Grafton (around 9.1 miles)

Grafton lies east of the county and connecting it to Kensett with a trail will give them a path to Northwood, and vice-versa. Both towns have been represented in meetings before and show a high interest in trails.

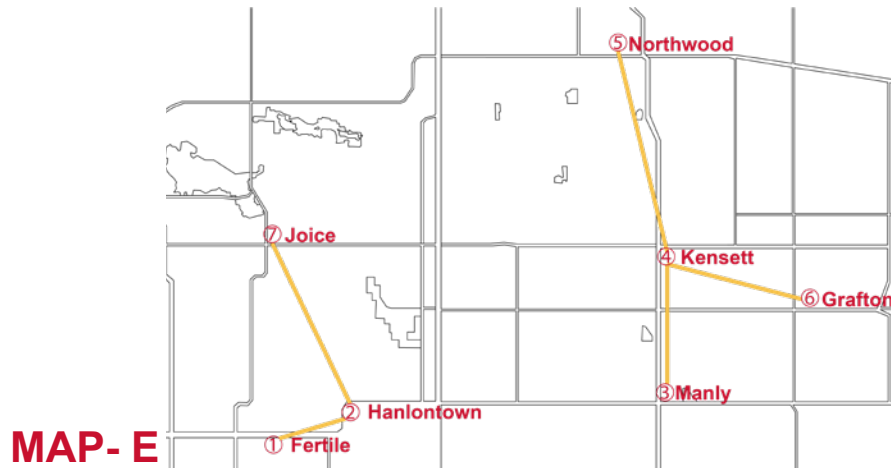


MAP- D

## Projects

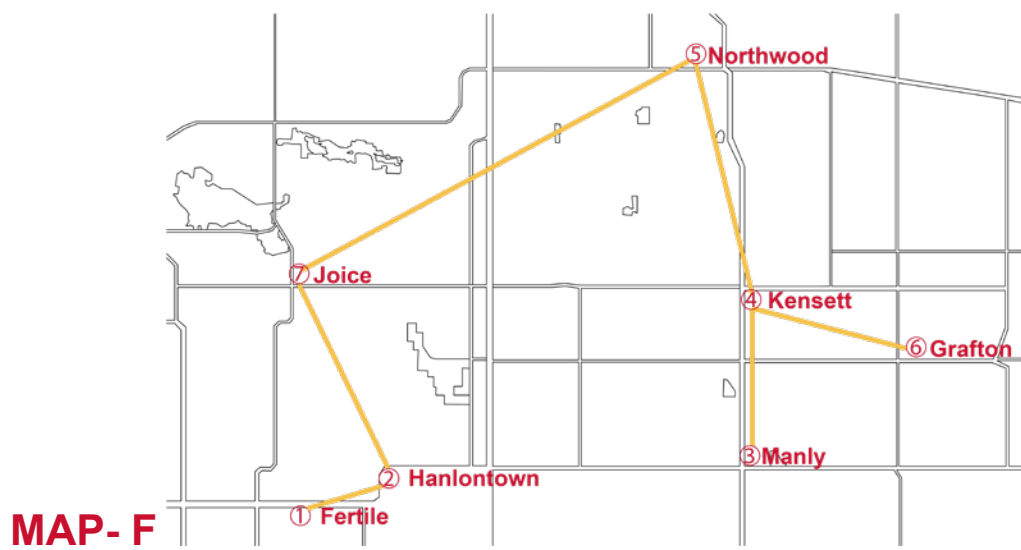
### Hanlontown - Joice (around 9.2 miles)

Joice is a town on the western side of the county and could be connected to Hanlontown. This would provide the residents an opportunity to get to Fertile, and its scenic park and the Winnebago riverside. Additionally, Joice's closeness to Rice Lake, another scenic destination, would make this trail corridor very interesting.



### Joice - Northwood (around 18 miles)

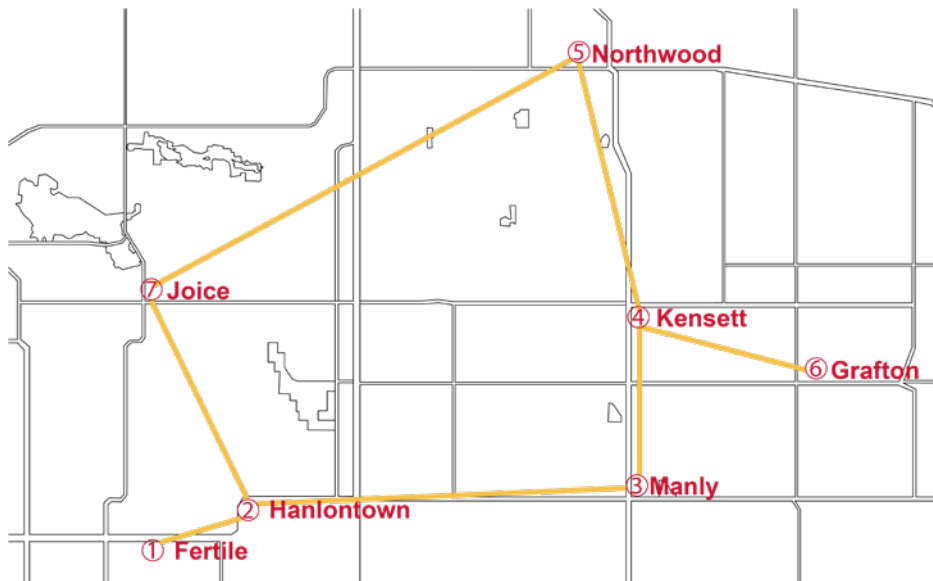
This connection will further the trail system and provide an opportunity for Northwood residents to get to Rice Lake then go to Fertile close to the Winnebago riverside via Hanlontown. An important element to be considered in this route will be the interstate running between the towns. Investment in a footbridge could be essential. Another idea would be to retrofit an existing bridge for biking.



## Projects

### Hanlontown - Manly (around 9.5 miles)

This connection probably would be one of the harder ones to achieve. One reason being Manly has not been represented yet in the meetings so it is harder to know their interests. But these issues could be solved by following up, making contacts and going to their council meetings. Another standing problem in this route is the interstate, which would have to be crossed. A silver lining to this is that an underpass exists close to Hanlontown where there is a railway track. If this trail is achieved, the goal of the connection between seven towns would be achieved.



MAP- G

An important factor is funding. Some funds are more likely to be granted by connecting trails. While applying for grants, building off from the existing routes mentioned in Section 1, and/or community trails will potentially increase the chances for getting the grants. Additionally, each grant application will benefit from attaching a map which visualizes the overall goal of connecting the seven towns.

These project options and their sequence is not set in stone! This should be referred to as an example and potentially help in understanding factors that should be considered while planning. Additionally, this will initiate the process of having a framework in order to stay focused and achieve goals. We recommend to the group that making smaller goals from step to step would help focus their energy into each step rather than approaching it as a whole.



## 1.3 Plan Routes

Once there is some consensus from the group, the next step would be to get into the first project and plan the routes. It is important to note here that having projects is a planning method, but routes are the main pieces of the project. We recommend having multiple options so that the feasibility can be considered in the next step. This planning will help in exploring scenic options and brainstorm aesthetics of the trails. To see an example, go to Pg 17-18 (Hanlontown-Fertile).

## 1.4 Feasibility Details

Look into the details of the feasibility of the routes. This includes talking to landowners to determine how willing they are to sell their land and evaluating other factors that would make it difficult to build a trail in the area. Some factors may include:

### **Land Ownership / Use**

- Near a business that could be dangerous
- Under an easement that excludes trails
- Hunting grounds
- Farmlands not up for sale

### **Physical Elements**

- Topography
- Presence of a water body
- Rocky land
- Buildings in the pathway
- Existing roads, bridges, and railroads
- Distance

### **Potential Threats**

- Flooding
- Fires

## 1.5 Decide Optimal Route and Determine Responsibilities

Bring the potential routes to the city council meetings of the towns involved. Explain the project and present the potential routes to the councils and community members. Determine the best route and how the councils want to be involved. After the council meetings, vote as the Top of Iowa Trail group to decide on the best option for the trail route and who will have the responsibility of the trail for maintenance and safety.

## 1.6 Plan Beautification

Plan the beautification and other elements of the trail. These don't have to be final yet and can be added or subtracted as the trail is made and even in use. It helps to have an idea of what you would like when filling out grant applications and asking for donations so people can visualize the final product. See pg.23 - 24 for possible beautification options.

## 1.7 Find Funding

Search for grants, donations, and other funding sources. Fill out and send in any necessary applications. This is a big and important job that may need a specific committee designated to make sure this gets completed. It is important to read the details of the applications and know what the requirements are in order to get the funding and for what it can be used. See pg.25 -26 for possible funding sources and pg. 27 for average costs of trails to get an idea of the money needed to be raised.

## 1.8 Professional Consultation

Ask for quotes from engineering firms and select the lowest bid that best fits your needs. Have a consultation with the selected firm to discuss solutions for physical /spatial problems and get a cost and time estimate. This has the potential to be costly. We recommend having funds raised ahead of time.

## 1.9 Acquire Land and Supplies

After enough funds have been raised, purchase the necessary land and materials and secure any offered donations for the project. See pg.19-20 on strategies to acquire land.

## 1.10 Start the Project.

After the engineering firm is hired and all of the land and supplies are owned, it is time to put the first shovel in the ground and start the project!

## 1.11 Move to the Next Project and Repeat

Once a project of the trail is complete it is time to move to the next project and repeat the steps that were followed for the previous phase until the trail is complete.

## 1.12 Possible Trail Destinations/Connections

Top of Iowa Welcome Center

Old Stage Coach - Highway 9

Rice Lake

Silver Lake

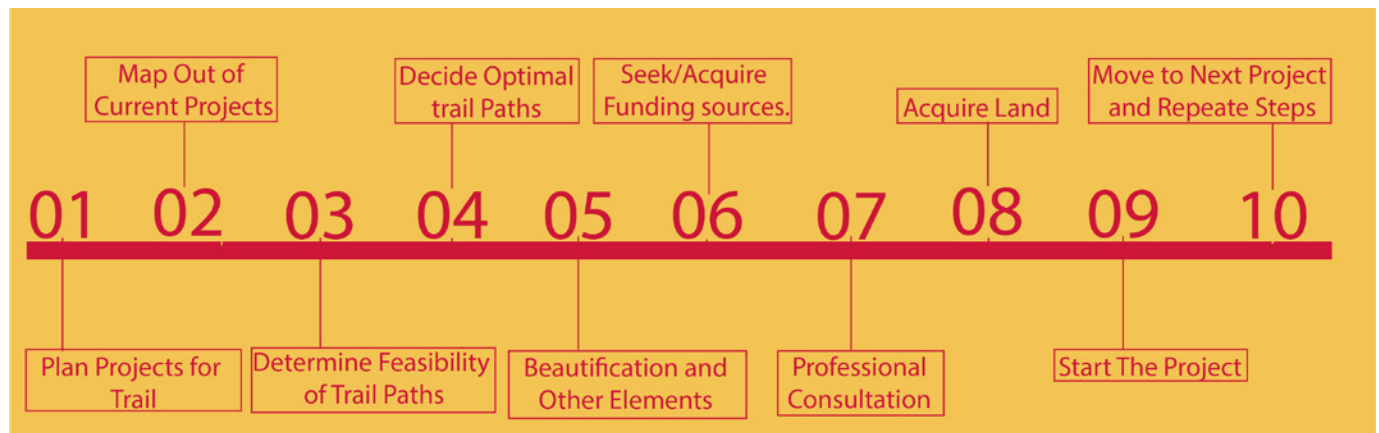
Elk Creek Marsh Wildlife Management Area

County Parks, [www.mycountyparks.com/county/worth.aspx](http://www.mycountyparks.com/county/worth.aspx)

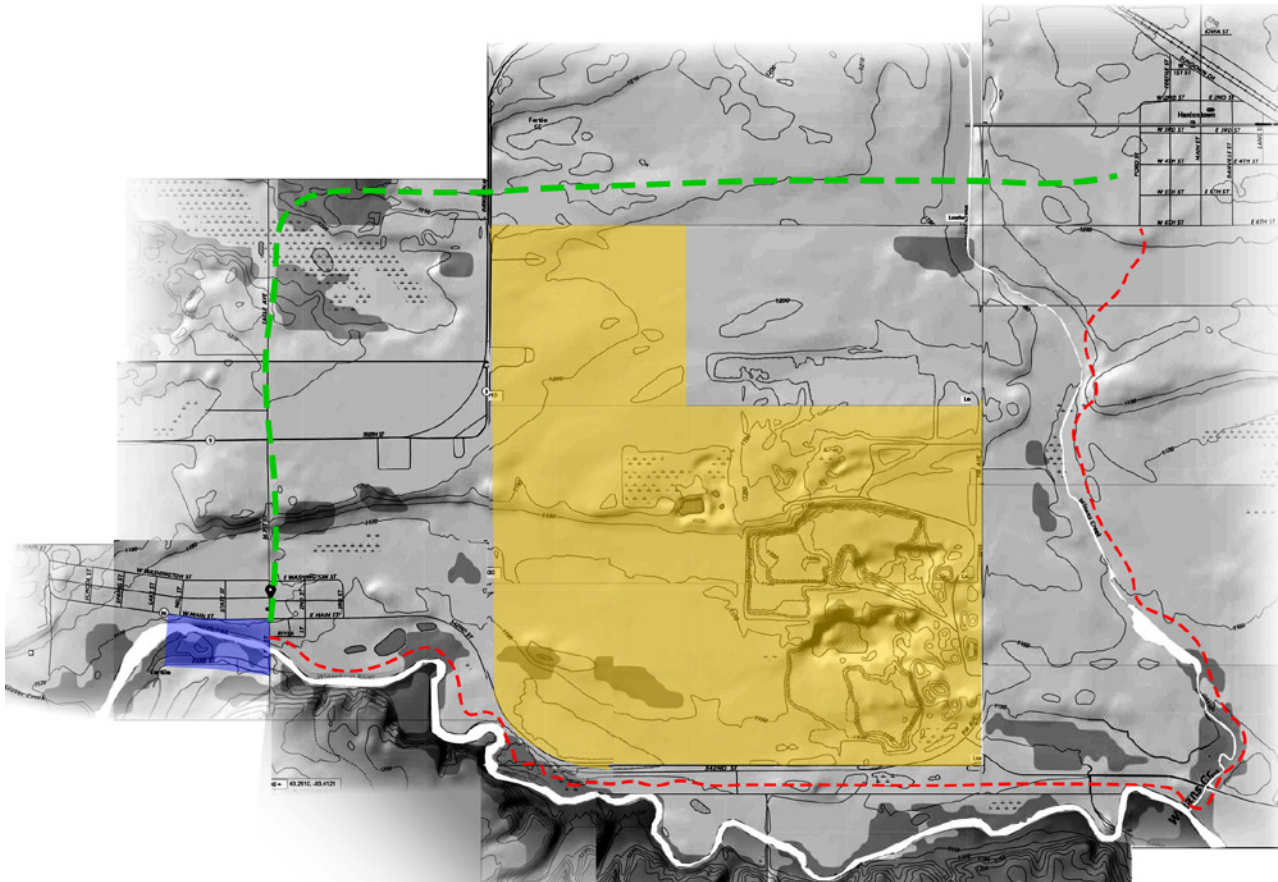
City Parks

Neighboring County Trails

Worth County Lake



## 1.13 Case Study Of Hanlontown and Fertile



### Trail Route Options

-  Land owned by Quarry BMC Aggregate
-  High Topography
-  William Rhodes Island Park
-  Potential Trail Route 1
-  Potential Trail Route 2

## 1.13 Case Study Of Hanlontown and Fertile

The towns of Hanlontown and Fertile are geographically closest among the seven towns in Worth County. Along with this, the Winnebago River passes through this area giving the section natural beauty. From the meetings and visits that were done in these towns and the land around, we were able to have conversations about potential trail route options. Some potential options are marked on the map. Looking at the area for the potential trail route, we recognized we need to be aware of certain roadblocks. The major roadblocks are the land owned by the quarry and the land under easement. Both make chances of putting a trail doubtful. It is important to recognize that challenges always provide an opportunity for creative solution making, but it is also important to be aware of the realities. There may be some hard conversations that could happen, but proper planning and strategizing TOIT's stand will be helpful. Using resources and having a focused workflow will go a long way. Before contacting and meeting with bigger organizations or stakeholders, it will be helpful and constructive to plan goals and outcomes from those conversations.

Both the communities of Hanlontown and Fertile have shown interest in the possibility of a trail. This is a great asset. Considering this, involving people on the committee who have good relations with landowners, would be helpful. Relationship building will be key, especially in matters of acquisition. Resources and other information are provided further in the report.



## Land Acquisition

### Talking to Land Owners

When a trail is proposed to go through someone's land, it is a good idea to meet with them and tell them it is a possibility the group would like to use/purchase their land if the project moves forward. This is a good time to gauge the interest of the landowner, inform them of the project, and invite them to the public meetings of the group. This opens the communication line, but doesn't close it. As the proposed trail becomes more of a reality, it is a good idea to meet with the landowners again to show them the proposed path of the trail on a map and how it would go through their land. This is when a strong yes or no on whether the land is a possibility because your next step will be to raise the funds and acquire the land.

Once the landowners are on board, the funds have been raised, and the proposed trail fully planned out, it is time to draw up the contracts between the landowners and hire the engineer and apply for more funding to get started on the project.

# SECTION 3

## Land Acquisition

Land Acquisition is an important and attentive part of this project. The resources below are meant to understand and carry out the process of land acquisition.

### **National Park Services**

[www.nps.gov/subjects/lwcf/land-acquisition-process.htm](http://www.nps.gov/subjects/lwcf/land-acquisition-process.htm)

This explains the process that the National Park Service goes through to acquire land. It can be used to understand the land acquisition process.

### **The United States Bureau of Reclamation**

[www.usbr.gov/lands/LandsHandbook/Chapter06.pdf](http://www.usbr.gov/lands/LandsHandbook/Chapter06.pdf)

In this document the Bureau of Reclamation provides the land acquisition guidelines to help regions and area offices implement land acquisition programs appropriate to their projects and resources.

### **Iowa Department of Natural Resources**

[www.iowadnr.gov/About-DNR/About-DNR/Realty-Services](http://www.iowadnr.gov/About-DNR/About-DNR/Realty-Services)

This shows the different ways that the Iowa Department of Natural Resources acquires land. They may be a possible resource in this process.

### **Minnesota Department of Natural Resources**

[www.dnr.state.mn.us/lands\\_minerals/acquisitions.html](http://www.dnr.state.mn.us/lands_minerals/acquisitions.html)

This website provides quick information on how Minnesota's Department of Natural Resources acquires land.

### **Rails to Trails Conservancy**

[www.railstotrails.org/build-trails/trail-building-toolbox/acquisition/acquisition-strategy/](http://www.railstotrails.org/build-trails/trail-building-toolbox/acquisition/acquisition-strategy/)

Rails to Trails explains the different processes they use to acquire land. This can be helpful as they are creating trails.

# SECTION 4 - TYPES OF TRAILS 21

## Surfacing

One of the most significant decisions affecting users and costs of a trail is surfacing. The overall cost of surfacing a trail may be prohibitive in the beginning stages, but don't let this discourage you from the development of your trail. There is always the possibility of upgrading paths. For example, starting at a softer surface like crushed stone, then later upgrading to a harder surface like concrete or asphalt.

### Hard Surfacing

**Asphalt:** Asphalt is a flexible surface that gets better and more pliable with use. Maintenance for an asphalt trail is minor, as it just requires the patching of cracks and lasts for 7 to 15 years. This surface works best for bicyclists, skaters, and pedestrians.

**Concrete:** Concrete is a long lasting material, but can initially be more expensive. According to Rail to Trails, a well-maintained path can last up to 25 years. Concrete paths are versatile and work for runners, bicyclists, skaters, and equestrians.

**Crushed Stone:** Although crushed stone may not be the longest lasting, it holds up well with heavy use. Crushed stone surfaces can be made from many different types of rocks, including limestone and sandstone. These surfaces can be used by bicyclists and pedestrians.

**Soil Cement:** Soil cement is a mix of portland cement, water, and pulverized soil, then it is compacted into a dense surface. When having a soil cement path it is important to have a proper drainage system to prevent erosion of the path. This path is tailored to bicyclists and pedestrians.

# SECTION 4 - TYPES OF TRAILS 22

## Surfacing

**Resin-Based Stabilized Material:** Resin is a product from trees that coheres soil particles together. Resin-Based trails have less impact on the environment and are less expensive than concrete or asphalt surface. This trail surface best suits mountain bikers and pedestrians.

**Boardwalk:** Boardwalks offer a drainage system that makes it best suitable for wetlands and marshes. However, boardwalks are expensive to install and maintain. Boardwalks allow bicyclist, skaters, and pedestrians.

**Recycled Materials:** Recycled material trails are a new and popular surface. The recycled materials are usually recycled rubber tires. These trails are good for use by pedestrians or bicyclists.

## Soft Surfacing

**Natural Earth:** Using the natural earth surface has an inexpensive maintenance cost. The cost is mainly drainage, fixing eroded patches, and vegetation removal.

**Wood Chips:** Wood chip surfaces blend well with the natural environment and work best as a parallel trail to concrete or asphalt. Maintenance for wood chip trails is frequent as the trail needs to be replaced every two years, due to decomposing. Wood chips work best for runners and equestrians, but do not accommodate for wheelchair use or bicyclist use very well.

# SECTION 5 - BEAUTIFICATION ELEMENTS

# 23

The following is a list of suggested beautification and elements to add to the trail once it is completed to make it even more enticing for people to come and use the trail. All of these items can be donated by small groups or individuals or purchased with smaller grants.

## **Benches:**

Benches will allow the trail to be used by people of varying ability levels. They give a nice resting place when someone gets tired while using the trail. They can also be positioned at a specific place to observe a beautiful view on the trail.

## **Signs:**

Signs can be useful for many things. You can place signs at the entry/exit points in the trail (trail head sign). You can place signs as mile markers so trail users know how far they have traveled on the trail. Another use for signs are to notify users of certain areas or things to look out for, such as a great view, wildlife area, an art display, a park or playground, a historic site, things to do in the town next to the trail, etc.

## **Art:**

Having art along the trail gives users something interesting to look at while they travel along the trail. This would be especially useful in a part of the trail that doesn't have a lot of natural interest. It is also a way to showcase the communities that the trail goes through.



Photo by Jill Dimond on Unsplash



Photo by Colby Ray on Unsplash



# SECTION 5 - BEAUTIFICATION ELEMENTS

# 24

## **Greenery:**

Greenery, such as plants and trees can add a lot of natural beauty to the trail. This would be great for parts of the trail that don't already have a lot of natural interest and/or beauty.

## **Structures / Buildings:**

This are things like gazebos, picnic shelters, a storage shed, etc. The gazebos and picnic shelters encourage people to stay longer on the trail and to use it in other ways. A storage shed would provide a place at the beginning of the trail to storage maintenance supplies.

## **Exercise Equipment:**

The trail itself provides a great amount of exercise, but many people like more of a full workout. Having simple equipment along the trail allows people to achieve more than just a legs and cardio workout, because of this they will be willing to use the trail more often or for longer periods of time.



Photo by Nikolai Kim on Unsplash

# SECTION 6 - FUNDING SOURCES

25

The Interns met with Winn-Worth Betco and NIACOG to identify potential funding sources for the TOIT

**Winn-Worth Betco:** This county funded organization is willing to be a resource for this group. They can help answer questions, make connections, market the group, events, and progress, and write grants.

**NIACOG (North Iowa Area Council of Governments):** This county funded organization can be helpful when applying for state and federal funding. They can check over applications and answer questions about funding and rules, but will only write a grant application if paid to do so.

## Local Foundations And Grant Sources

Alliant Energy  
Bertha Stebens Charitable Foundation  
Farrer Endowment Foundation  
Heartland Power Cooperative  
Iowa Roadways Visioning Program  
Janssen Family Charitable Trust  
John K. Luise V. Hanson Foundation  
KCCI-TV Grant  
Kinny-Linstrom Foundation, Inc.  
Land and Water Conservation Fund  
Mason City Clinic, P.C. Charitable Giving Committee  
Muse Norris Foundation  
People's Natural Gas  
Ray Rorick Foundation  
Recreation Infrastructure Grant  
Stephanie Dukert  
Winnebago Industries Foundation  
Swensrud Foundation  
WCDA (Worth County Development Authority)  
W.D. Ley Foundation  
Winnebago County Community Foundation

# SECTION 6 - FUNDING SOURCES

26

## Other Foundations And Grant Sources

3M Contributions Program  
Aegon USA Charitable Foundation, Inc.  
AgriLink Foods/Pro-Fac Foundation  
Ahrens Foundation  
Alliant Energy Foundation  
AmerUs Group Charitable Foundation  
Community Foundation of  
Fort Dodge and North Central Iowa  
Elizabeth Muse Norris Charitable Fund  
Ella B. Foster Charitable Trust  
Ernest Sargent Family Foundation  
George Daily Trust  
Harold R. Bechtel Charitable Remainder  
Unitrust  
Humanities Iowa  
Iowa Network Services Grant  
Iowa Women's Foundation  
John Deere Foundation  
John Ruan Foundation Trust  
Kuyper Foundation  
Land O'Lakes Foundation  
Lee Endowment Foundation  
Leighty Foundation  
Maquoketa Area Foundation  
Marie Huebotter Bechtel Uni-Trust  
Max and Helen Guemsey Charitable  
Foundation  
Maytag Family Foundation  
Maytag Family Foundation  
MidAmerican Energy Foundation  
Pella Rolscreen Foundation

Pioneer Hi-Bred International Community  
Investment  
Stratford Foundation Trust  
US Bank  
Vermeer Charitable Foundation, Inc.  
Wellmark Foundation

## Federal Funding

REAP (Resource Enhancement and Pro-  
tection)  
TAP (Transportation Alternatives Program)

Note: This list is as of 2019 and is not  
exhaustive.

The Iowa Department of Transportation provides a document which is useful in identifying costs per mile that could be useful in estimating trail costs during the preliminary planning phase of a project. Other planning organizations in the Midwest also provide useful tools as well. When planning out your trail, one of the most important parts to consider is the cost of your options. Here you will find different variations of trail options. The price is estimated by the Iowa Department of Transportation (DOT).

## 5.7 Segment analysis and cost estimates

Each of the National Trail and USBRS corridors is discussed on the following pages. For each corridor, an overview of its history, assessment of current status, and implementation discussion is provided. Table 5.5 outlines the typical per-mile cost estimates used in determining the total cost for completing several of the corridors. Modification factors are provided as multipliers to adjust the base cost per mile depending on varying conditions. It is important to point out that the estimated paved shoulder costs are not entirely associated with each USBR since the probable course of implementation is to provide paved shoulders as part of future reconstruction work, during which paved shoulders would likely be provided anyway based on traffic volume.

**Table 5.5: National Trail and USBRS per-mile cost estimates based on historic costs in Iowa**

Facility Type	Typical Cost per Mile	Modification Factors	
New paved multi-use trail on independent alignment, 10' wide	\$400,000	Former RR grade	0.5
		Flat terrain	0.6
		Rolling terrain	1.0
		Hilly terrain	1.2
		Along stream bank	1.2
		Urban retrofit	2.0
New paved sidepath, 10' wide	\$300,000	Along urban roadway	1.0
		Along rural roadway	1.6
		Densely developed urban	1.4
New paved shoulders, 5' wide both sides	\$175,000*	Adequate shoulder width present	1.0
		Embankment widening required	2.0
		As a standalone project (not part of a larger 3R** project)	1.2
Shared Lane/Road	\$500	Rural route generally follows one road with few turns (wayfinding signage)	1.0
		Rural route includes many turns onto different roads (wayfinding signage)	2.0
		Urban route (wayfinding signage and shared lane markings)	10.0

Visit the link below for more information

<https://iowadot.gov/iowainmotion/files/bike-ped-plan-chapter5.pdf>

## Bridges

[www.nirpc.org/media/3539/appendix\\_b\\_\\_\\_trailcosts.pdf](http://www.nirpc.org/media/3539/appendix_b___trailcosts.pdf)

According to Northwestern Indiana Regional Planning Commission (NIRPC) new pedestrian and bicycle bridges can cost around \$100 per square foot to construct. To re-deck an existing bridge it can be around \$50 per square foot, and wetland boardwalks can be \$50 per square foot. It's important to keep in mind this estimate does not include the surfacing of the trail or the fencing around the bridge.

Marketing is an important part in creating the trail because it fosters community support and excitement for the trail. There are many ways to market the trail. A combination of several ways would work the best so the most people are reached.

**Winn-Worth Betco:** This organization can be a wonderful resource when working on marketing. They are willing to work with this group to update the social media and brochure, help promote events, and answer any other marketing questions that arise.

## Potential Marketing:

### **Newspapers:**

Advertise the progress and events of the trail in the local newspapers for community members to read about and see.

### **Social Recreation Websites:**

Many avid bikers, families, skaters, etc. use social websites to find new trails to use. Making sure your trail is posted on these sites gets it out to more people than just your community and gives you even more use and support.

### **Social Media:**

This is a great way to keep people updated, engage the community, and gather support from all over. People are instantly notified of changes and events involving the trail. They are able to follow the progress no matter where they are!

### **Brochure:**

A brochure is nice to have for people to pick up in community businesses or the Top of Iowa Welcome Center. It lets people know that a trail exists and gets them interested in using it!

### **Posters:**

Posters can be put up around the community to share an event around the trail system enticing them to enjoy.

### **Website:**

Creating a website specific to the trail would keep all of the trail information in one spot, such as maps, progress, uses, contact info., etc., and could allow for a spot for people to donate online. This is something that would need to be continuously updated and monitored.



## Do more with your trail:

### Festivals:

Having already existing festivals on the trail or incorporating the trail into the festivals utilizes the trail well and familiarizes people with the trail.

### Group Rides, Walks, Skis, Etc.:

This is a fun way to get people out and using the trail more. Someone who is hesitant to try it out by themselves might be more apt to go if they are in a group.

### Traditions:

Starting a tradition with the trail gets people excited about the trail and keeps them coming back year after year.

### Events:

Events on the trail throughout the whole process of the trail draw people to it and keep them updated on how far along the trail is and how much they can use it.

## Places To Market:

Brochure at Top of Iowa Trail Welcome Center

Brochure at Winn-Worth BetCo Office

Brochure at Local business in Worth County

Have a page for Top of Iowa Trail on the Website of Winn-Worth BetCo  
(this could function as a website for the organization)

Include trail maps in Winn-Worth Betco's brochure

Trail maps in town brochures.

Working with the Top of Iowa Trail committee to brainstorm the project has been a very rewarding experience. The goals that drive this group are very enterprising and generates a lot of rigor among them. As three interns coming in with a very basic understanding of economic development projects, we are inspired by the foundation that has been set by this group. As we reflect back, we stand gratified by at our learning and achievements. We extend our warm regards to the group and all the beneficiaries involved for being great resources. We consider this report a strategic plan that will guide the Top of Iowa Trail group as they move forward.

To be successful requires the ability to mold ideas and inspirations into goals and eventually accomplish them. We hope this report serves as a tool to achieve these goals. Our experience with the project so far dictates that focus yields results. With our presence and role in this project, we are hopeful that we have been able to iterate this fact in practice. As we move forward, we are excited to see what the group has to do with our help. Three of us are very optimistic about the project and have no doubt that the group will soon start bringing their plans into reality.

We want to acknowledge the opportunity given to us. Our involvement has helped us understand the nuances of projects such as these and the myriad of parts and pieces that come into consideration.

We hope for the best and wish success to Top of Iowa Trail group.

## In The Committee

### Dennis Johnson

Phone: 641-324-1531  
Email: djohn@iastate.edu

### Tom Reid

Phone: 641-323-0003  
Email: tom.reid@worthcounty.org

### Myron Lupkes

Phone: 641-425-3700  
Email: myron.lupkes@gmail.com

## Resources

### North Iowa Council of Governments (NIACOG)

Chris Diggins  
Phone: 641-423-1637  
Email: cdiggins@niacog.org

### Winnebago-Worth Betterment Council

Winn-Worth BETCO  
Melissa Michaelis  
Phone: 641-592-0800  
Email: director@winn-worthbetco.com

### Worth-Mitchell County Engineer

Richard Brumm  
Phone: 641-324-3663  
Email: engineer@worthcounty.org

## County Engineer

### Richard Brumm

richard.brumm@worthcounty.org  
641-324-2154

### Department of Transportation-Bicycle and Multiuse trails

DOT  
Phone: 515-233-7733

## Town Representatives

### Fertile

Ron Rachut  
Phone: 641-420-6555  
Email: ronfvg@wctatel.net  
Tad Miller  
Phone: 641-425-9259  
Email: tad.miller@edf-re.com

Cindy Peters  
Phone: 641-590-0131  
Email: peterscindy@gmail.com

### Grafton

Merlin Bartz  
Phone: 641-903-9548  
Email: nbartz@wctatel.net

### Hanlontown

Milke Kennedy  
Phone: 641-420-5010  
Email: mkennedy9@outlook.com

### Linda Fulton

Phone: 641-896-2968  
Email: tigergr@wctatel.net

### Julie Loose

Phone: 641-5900-1970  
Email: ja\_loose@yahoo.com

### Shanan Redinger

Phone: 641-590-3288  
Email: ShananRedinger@gmail.com

### Joice

Mardene Lien  
Phone: 641-588-3383  
Email: joicecityclerk@gmail.com

### Lori Smeby

Phone: 641-590-3016  
Email: ljsmeby@icloud.com

### Marloe and Donna

Ellingson  
Phone: 641-590-2263  
Email: mdellingson@wctatel.net

### Kensett

Bob & Bev Chodur  
Phone: 641-845-2084  
Email: bandbacres@wctatel.net

Winn-Worth Betco

[www.winn-worthbetco.com/](http://www.winn-worthbetco.com/)

NIACOG

[www.niacog.org/](http://www.niacog.org/)

National Park Services

[www.nps.gov/subjects/lwcf/land-acquisition-process.htm](http://www.nps.gov/subjects/lwcf/land-acquisition-process.htm)

The United States Bureau of Reclamation

<https://www.usbr.gov/lands/LandsHandbook/Chapter06.pdf>

Iowa Department of Natural Resources

[www.iowadnr.gov/About-DNR/About-DNR/Realty-Services](http://www.iowadnr.gov/About-DNR/About-DNR/Realty-Services)

Minnesota Department of Natural Resources

[www.dnr.state.mn.us/lands\\_minerals/acquisitions.html](http://www.dnr.state.mn.us/lands_minerals/acquisitions.html)

Rails to Trails Conservancy

[www.railstotrails.org/build-trails/trail-building-toolbox/acquisition/acquisition-strategy/](http://www.railstotrails.org/build-trails/trail-building-toolbox/acquisition/acquisition-strategy/)

Manual on Uniform Traffic Control Devices

<https://mutcd.fhwa.dot.gov/>

Northwestern Indiana Regional Planning Commission (NIRPC)

[www.nirpc.org/media/3539/appendix\\_b\\_\\_\\_trailcosts.pdf](http://www.nirpc.org/media/3539/appendix_b___trailcosts.pdf)

Iowa Trails 2000

<https://iowadot.gov/iowabikes/trails/>

Rails to Trails Conservancy

[www.railstotrails.org/build-trails/trail-building-toolbox/design/surfaces/](http://www.railstotrails.org/build-trails/trail-building-toolbox/design/surfaces/)

---

## Special Thanks To Our Sponsors

John Lawrence, Vice President for Extension and Outreach

ISU Extension and Outreach, Worth county

Sukup Manufacturing Co.

UBTC Bank

Central Park Dentistry

Jaspersen Insurance

This document was produced as part of the Iowa State  
University Extension and Outreach Rising Star Internship. Iowa State

University Extension and Outreach does not  
endorse any specific product, organization, or entity  
highlighted in this document.