



# BUILDING A #STRONGIOWA

## 2019 IN IOWA COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State research and resources. We listen, learn, and work with the people of Iowa County for a #STRONGIOWA.

### Iowa County Extension Council

Every Iowa county has an elected extension council that guides local educational programming by partnering with staff. From needs assessment through program implementation and evaluation of outcomes, the council represents the issues and people of the county.

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

- Economic Development
- Private/Commercial Pesticide Applicator Trainings
- Food and the Environment
- Pick A Better Snack Grant
- Health and Well-being
- Farm Stress & Solutions Conference
- K12 Youth Outreach
- 4-H Robotics

Iowa County Youth Council assisted with 4-H Awards Night 2019.



(Left) Iowa County 4-H Intermediates attend Region 15 trip to Minneapolis. (Right) To thank the school partners during National 4-H Week Iowa County Extension Staff delivered "Everything Green" treat boxes to school offices.

### Economic Development

Iowa County, ISU Extension and Outreach provides educational information throughout Iowa County on the safe and effective use of pesticides. PSEP is responsible for Pesticide Applicator Continuing Instruction Courses (CIC's) in cooperation with the Iowa Department of Agriculture and Land Stewardship (IDALS). 218 producers attended private pesticide applicator training during large group trainings at KINZE manufacturing, St Mary's Parish Hall, Marengo and at the Iowa County Extension Office. Iowa County also provided continuing education for 93 Commercial Applicators. Other programs that PSEP is involved in include integrated pest management, worker protection, environmental quality, and agricultural health.

### Extension Council Members

We want communities and farmers to thrive, and families and children to be healthy. Eventually turning the world over to the next generation better than we found it.

**Sean Wetjen**  
Extension Council Chair

**Gene Mohling**  
Regional Director

**Scott Axmear**  
Council Member

**Marcia Kilgard**  
Council Member

**Justin Sayers**  
Council Member

**Randy Osweiler**  
Council Member

**Amanda Cronbaugh**  
Council Member

**Martha Meyer**  
Council Member

**Brent Ness**  
Council Member

**Jim Yenter**  
Council Member



## Health and Well-Being

“Distress or De-Stress,” it’s your call!”

The annual Women Land and Legacy conference, Thursday, June 20th, Brooklyn, Iowa addressed a relevant topic in farm business with our current economic climate, “Farm Stress & Solutions”. Iowa County, ISU Extension and Outreach was in attendance and provided a table with ISU research based handouts on farm stress and other ag related topics.

The conference presenters included Lesley Kelly, a Canadian Farmer/Blogger and co-founder of the “Do More Foundation.” Ryan Drollette, Farm Management Specialist with ISU extension and outreach, Leasing and Communication strategies. Dr. Diane Rohlman, Director of Ag Safety & Health at the University of Iowa, identifying and coping with farm stress. Dr. Mike Rosmann, farmer & Psychologist, stress management strategies in today’s farm economy. Sue Martin, guest commentator on Market to Market and President of Ag & Investment Services Inc., “Learning from the past to lead us into the future.” The conference closed with a panel Q&A that included the previous presenters, along with local farmer/tenants, a local landlord, and ag lender, Angie Treptow, with Farm Credit Services of America.

## Food and Environment

Iowa County Community Foundation granted the Pick a Better Snack Programming \$5,000.00 for the 2019-20 school year. Pick a Better Snack focuses on fruit and vegetable samples prepared by Iowa State University Extension and Outreach trained nutrition educator, Lynn Gahrning. The grant will help pay for food and supply costs incurred for 414 students, (6 elementary schools), with the goal to educate and improve health of Iowa County youth.

### County Extension Staff

**Mary Veatch**  
County Director

**Lynn Gahrning**  
County Youth Educator

**Pam Henry**  
Office Assistant/Master  
Gardener Coordinator

## K-12 Youth Outreach

The Iowa County STEM 4H Club consists of two FIRST Lego League (FLL) robotic teams named the Legoseas and the Thunder Bots.

The Legoseas competed in the FLL regional qualifier event at Indian Hills Community College in Ottumwa. They presented their project on using centripetal acceleration to simulation gravity in a space station. They earned the third highest point total of the 28 teams at the regional competition.

The Thunder Bots team is in its sixth year. Their project was to design a space suit with artificial muscles woven into the fabric the purpose was to prevent the muscle from becoming weak due to the lack of gravity in space, weakened muscles lead to a higher rate of bone density loss. They competed at the Regional Competition at Indian Hills Community College in Ottumwa. They had the highest score in the robot game and placed 3rd in the overall qualifying the team to attend the state championship at Iowa State University in Ames. There they had the highest score in the robot game and placed 3rd overall in the championship award. This earned the team a spot at the Razorback Invitational at the University of Arkansas – Fayetteville where they competed against 79 teams from around the United State and 11 different countries, only the top 2% of FLL teams qualify for tournaments at this level. They placed 27th in the robot game after achieving their highest score of the season.

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(Left) Thunder Bots lead an Iowa County 4-H Robotic Day Camp as a community outreach.  
(Right) Thunder Bot Robotics team at Razorback Invitational at the University of Arkansas.