

### ISU Extension in Sioux County

400 Central Ave NW Suite 700  
Orange City, IA 51041  
Phone: (712) 737-4230  
[www.extension.iastate.edu/sioux](http://www.extension.iastate.edu/sioux)

*ISU Extension and Outreach supports healthy people, environments, and economies by providing educational opportunities. We meet local needs, improve quality of life, and help make Sioux County a better place to live.*

John Olthoff  
*Extension Council Chair*

Cheryl Heronemus  
*Regional Director*



## Meeting Local Needs 2012

### County Extension Staff

Kaye Strohbahn  
*ANR County Program Coordinator*  
Cindy Cleveringa  
*County Youth Coordinator*  
Anita Jeltema  
*Office Assistant*  
Dr. Beth Doran  
*Beef Program Specialist*  
Melissa O'Rourke  
*Farm Management Program Specialist*  
Lori Hayungs  
*Family Life Program Specialist*

### Staff Serving Sioux County:

Margaret Murphy  
*Horticulture Educator*  
Wade Weber  
*Regional 4-H Youth Program Specialist*  
Cindy Gannon  
*Marketing Coordinator*  
Jan Burk  
*Family Resource Management Program Specialist*  
Robert Coacher  
*CIRAS*  
Joel DeJong  
*Crops Program Specialist*  
Abbie Gaffey  
*Community Resource Development Program Specialist*  
Julie Hlas  
*Organizational Advancement Specialist*  
Dr. Kris Kohl  
*Agricultural Engineer Program Specialist*  
Dave Stender  
*Swine Program Specialist*  
Renee Sweers  
*Nutrition & Health Program Specialist*

### Healthy People

Individuals who attended the Sioux County ISU Extension and Outreach program **Powerful Tools for Caregivers** in partnership with the Orange City Area Health System received focus and action plans for themselves plus ways to deal with their loved ones needs. More groups have formed in the county as a result of this program.



Powerful Tools for Caregivers offers "tools" in a six-week educational series to support caregivers of loved ones who can no longer take care of themselves. Topics include: reducing stress, improving caregiving confidence, establishing balance in their lives, communicating their needs, making tough decisions and locating helpful resources.

"This class taught me I needed to take care of myself. I had anger and I didn't even realize it; probably from

all my stress," Nella Driesen, Hull, Iowa.

### Healthy Environments

Beef producers are dedicated to protecting Iowa's environment and want to provide research-based information to the public and policy makers. Recognizing this, a team of researchers and Extension specialists from Iowa, Minnesota, Nebraska and South Dakota collaborated in hosting a quad-state field day showcasing research to promote environmentally sustainable and economically feasible practices for improved air and water quality in beef facilities. The field day was attended by state and federal legislators, state policy makers and stakeholders representing Extension and university specialists. Lyon County 4-H Council members assisted in the smooth transition from one place to another.



Stops included three farms in the Lyon County area showcasing environmentally conscience ways to: transfer settled feedlot effluent; use alternative technology – a Vegetative Infiltration Basin (VIB) and Vegetative Treatment Area (VTA) – to manage feedlot runoff; and the study of gases and dust emitted from mono-slope beef barns under two management systems (deep bedded pack and weekly scrape).

Enthusiasm for research efforts was expressed by the legislators. “I’m looking forward to the data findings from the research being done here in Northwest Iowa. We are proud of what our area beef producers do and the organizations they seek to protect our water resources. This information will be useful in committee meetings,” stated Representative Jeff Smith from Spirit Lake, Iowa.

### Healthy Economies



Annie’s Project brought Sioux County women well-timed and valuable information on topics including: risk assessments, grain marketing, crop insurance, farm transition planning, financial statements, farm tax issues and accounting legal issues, retirement planning, business planning... and more.

“Having realized I’m not alone, I am now more apt to reach out to other women, utilize the resources provided during the course and just feel more confident in learning about

my world,” stated Teresa Dickmann, Annie’s Project Participant from George, Iowa.

Annie’s Project is a farm management risk education program designed for women and facilitated by women agriculture professionals.

For more about Annie’s Project see [www.extension.iastate.edu/annie](http://www.extension.iastate.edu/annie)

### 4-H Program Impacts All Iowans – STEM Initiatives

Sioux County 4-H programs engage all ages through volunteer leaders, youth participants and projects involving community members and organizations.

Sioux County 4-H leads the charge to service developing superior young leaders like Kayla DeWeerd who was named State Honoree for the Prudential Spirit of Community Award, the United States’ largest youth recognition program based exclusively on volunteer community service. Her on-going project work brings health and fitness education to her school and community.

‘Rapid student impact’ is the mantra of the Governor’s Science, Technology, Engineering and Math (STEM) Advisory Council this year. The selection of six regional network hubs was announced in May promoting STEM education and economic development across Iowa. Cheryl Heronemus and Wade Weber both serve as regional advisory council members for the Northwest Iowa hub.



Opportunities abounded this summer for youth to attend Sioux County 4-H camps focusing on health and fitness and STEM initiatives. iCook, GEAR Tech-21 and Vet Science camps exploded with area Sioux County youth.

**Visit the Sioux County website for all the latest 4-H and county news and events.**  
[www.extension.iastate.edu/sioux](http://www.extension.iastate.edu/sioux)

### Sioux County Extension

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
- Food and the Environment
- Health and Well-being
- K-12 Youth Outreach

### Council Members

*Calvin Bomgaars  
Harlan DeHaan  
Terry Hooyer  
Bonnie Meier  
John Olthoff, Chair  
Kevin Rehder  
John Slegers  
Fred Sick  
Deb VanDen Berg*

... and justice for all  
The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual’s income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA’s TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

**December 2012**

**IOWA STATE UNIVERSITY**  
*Extension and Outreach*