News Release

Contact: Kristin Schulte, Farm Mgt Specialist, 563-547-3001, kschulte@iastate.edu.

Evaluating Your Estate Plan - A Workshop for Farm Families

Talking about estate planning can be difficult and implementing an estate plan can be even harder. ISU Extension and Outreach is hosting a workshop called “Evaluating Your Estate Plan” to provide an opportunity for people to learn about options in transitioning assets to the next generation.

Estate planning isn’t just for older people. There is a need for a plan at every stage in life. An estate plan helps the farm family to provide for the next generation. If you want to learn how to build a plan for transferring farm assets, you should attend this workshop.

The day-long workshop will discuss the language of estate planning, the role of estate and inheritance taxes, and many other areas like substitute decision-making that are vital to creating a good estate plan. Participants will use stories with hands-on activities to evaluate tools that they can take home and use on their own farms.

Presenter Melissa O’Rourke brings a wealth of experience to the program. She is an attorney who practiced in northwest Iowa for 18 years before joining Iowa State University Extension in 2010. Co-presenter Kelvin Leibold has helped farm families explore options in estate planning and other farm management decisions in his 24 years with Iowa State University Extension.

According to O’Rourke, “The program applies to everyone- town and country, families, couples, and individuals.”

The workshop will be held on June 26 from 9 am – 4 pm at Upper Iowa University in Fayette. Advance registration is required and space is limited to the first thirty people to respond. For registration information, contact the Fayette County Extension Office at 563-425-3331 or visit www.extension.iastate.edu/fayette.

-30-

News Release
Eat to Compete Program Offered for Coaches and Teachers

Parents want to know about good nutrition for their young athletes and they depend on coaches to give their players accurate information. ISU Extension and Outreach is hosting a program called “Eat to Compete” which will help coaches, teachers and athletic directors know what kind of advice they can offer.

Information on training diets, supplements, fluids, prevention of athletic injuries, eating disorders and current research will be presented by faculty in the Department of Food Science and Human Nutrition at ISU.

The program, delivered as a webinar, is hosted by local ISU Extension and Area Education Agency (AEA) offices. Throughout the program, activities will be facilitated by ISU Extension Nutrition and Health program specialists at each location. This two day program is scheduled for June 11-12, from 8 am - 4:30 pm, and will be hosted at Keystone AEA in Elkader or the Cerro Gordo Extension office in Mason City. Participants can register for coaching reauthorization, teaching license recertification or graduate credit. Registration is online at www.extension.iastate.edu/clayton. Information is also available from county ISU Extension offices.