



Risk Management Education for Farm and Ranch Women

**Managing
for Today and
Tomorrow**
Succession, Business, Estate,

**Starting Tuesday, Nov. 11, 2014
And continuing 4 more weeks:
Wednesday, Nov. 19, Tuesday,
Nov. 25, Tuesday, Dec. 2, and
Tuesday, Dec. 9
5:30 pm to 9:00 pm
Jefferson County Extension
Office
2606 West Burlington Avenue
Fairfield, IA 52556
www.aep.iastate.edu/annie**

Contact Information:

Course Facilitator: Charles Brown
ISU Farm Management Specialist
crbrown@iastate.edu
641-673-5841

Registration \$75
Online
(Visa, Master, or Discover Card)
www.aep.iastate.edu/annie/mtt
Or by Mail (By check)
Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: _____
Email: _____
Clip and return by Nov. 7, 2014 with \$75 enrollment fee to:
ANR Program Services
1151 NSRIC
Ames, Iowa 50011-3310
Make checks payable to: Iowa State University
Fee includes course materials and light meal.
A light meal will be served at 5:30 pm
Program begin at 6:00 pm
Enrollment is limited

Farm and ranch women are decision makers.

The decisions made during succession, business, estate, and retirement planning are combined to form a transition plan. A transition plan helps ensure a farm or ranch continues as productive agricultural business.

Farm and ranch women are generating a cultural tide in American agriculture that is moving management, assets and opportunities to a new wave of beginning farmers across the country.

Managing for Today and Tomorrow focuses on the management processes and decisions needed to make successful transitions.

Managing for Today and Tomorrow includes hands-on activities, interaction with local professionals, and up-to-date resources. Participants of all ages and experience levels will practice tasks to increase confidence in setting goals, nurturing effective family conversations, and defining the farm legacy. The five-session program includes a 300 page workbook.

It's hard to talk about passing on the farm. **Managing for Today and Tomorrow** is for farm and ranch women of all ages who want to plan now for a successful transition later.

Through **this five-session** program, farm women will learn about the four components that create a successful transition—Succession, Business, Estate, and Retirement Planning.

Don't miss this opportunity. Registration is available on-line as courses are posted. Seats are limited. Succession Planning transfers knowledge, labor, management, and ownership over time.

- Explore communication barriers that hold back succession planning.
- Understand the difference between fair and equal.

Business Planning determines what makes up the farm business and intentions for the future.

- Understand why personal and farm finances are important for business management, succession, and retirement.
- Learn how a business plan can be used for farm business development and/or transition.

Estate Planning reflects the intentions of the established generation.

- Understand key estate planning terms, tools, and concepts.
- Begin assembling estate information

Retirement Planning prepares the established generation with the means and desire to hand over responsibilities.

- Develop individual retirement definitions and goals.
- Investigate retirement options and explore sources of retirement income.

After completing the course, here's what a few participants had to say about their highest priority for their farm/ranch business:

"Have the information at hand to explore how we are going to transition our farm from my husband to our son and his wife. I think that with the information you gave us and all the support from your team, we can begin to plan on a longer term basis."

-Ames, Iowa

"Update and enhance our very simple farm business plan...work together toward common goals while also keeping assets and ownership segregated...encourage communication of the plan to all family members involved."

-Palmyra, Missouri

"Do some retirement planning using the electronic balance sheet."

-Effingham, Illinois

"To start having regular farm business meetings for the purpose of improving communication, goal setting for short and long term goals, and succession planning for bringing in the next generation.

-St. James, Michigan

Program partners and sponsors:

Beginning Farmer and Rancher Development Program of the National Institute of Food and Agriculture, USDA, Grant # 2011-49400-30584.



IOWA STATE UNIVERSITY
Extension and Outreach



NEST Parenting Classes



Two 'Nest' Parenting Classes are held each Tuesday of the month in order to accommodate your schedule:

2:00 ~ 3:00 pm; 5:30 ~ 6:30 pm

FREE DIAPERS! FREE BABY/TODDLER ITEMS!

Call Lynne Johnson at 641-472-4166 for more information or to sign up!

Topics covered in Nest classes include: Disciplining your toddler; Fighting: How to 'fight nice!'; Parenting in Stepfamilies; Nurturing your child's IQ; How to handle stress; Pregnancy Concerns and helpful tips, and more!; and a cooking class is offered once a month! Recipes for the cooking classes are from the Healthy & Homemade Nutritional Calendar featured on Page 7! Nest Parenting Classes are FREE to residents of Jefferson County who are either pregnant, or have a child under the age of 5. Attend and receive points that can be used immediately for diapers, wipes, toddler eating utensils, etc!

What Parents and Caregivers Need to Know about Corporal Punishment

ARTICLE | MON, 09/22/2014 - 11:42 | BY MALISA RADER, LAURA STERNWEIS

AMES, Iowa -- With a famous NFL player facing child abuse charges, the debate on using corporal punishment on children has been brought to the forefront.

Mental health experts say spanking and other forms of corporal punishment are not necessary and many times cause psychological side effects. However, there are plenty of effective alternatives, says Malisa Rader, an Iowa State University Extension and Outreach human sciences specialist in family life.

Parents sometimes underestimate their own strength – particularly when angry. This can lead situations to escalate quickly.

"Take a moment before punishing a child," Rader says, "to avoid reacting out of anger or frustration."

Establish an Environment of Trust and Encouragement

Many adults use the same forms of discipline they experienced as children. "I was spanked as a child and I turned out fine" often is used to support the argument of physical punishment.

"I find this a very interesting point," Rader said. "Most everyone would agree that hitting a spouse is considered domestic violence, but for many, hitting a child is seen differently. Why?"

If an adult's primary approach to discipline mainly has involved physical punishment, it will take effort to implement alternative forms of guidance. However, there are numerous advantages to more thoughtful approaches. It's important to establish home as a safe place of trust, encouragement, love and support, Rader noted.

Alternatives to Corporal Punishment

"A simple reminder is to give yourself time — count to 50. This will keep you from overreacting to situations and make sure your approach is calm and rational. Remember, you are the adult in this situation," Rader said.

Rader offers these additional suggestions as alternatives to physically punishing a child.

Reward a child's good behavior. This is much more effective in the long run than punishing bad behavior and helps a child feel good about himself or herself rather than bad or resentful.

Consider the function of the misbehavior. Is the child seeking attention? If so, fill this need at other times during the day.

Help the child label his or her feelings with words as early as possible. When a child can verbalize feelings, it increases self-awareness and ability to delay inappropriate reactions.

Choose a punishment that is a natural consequence of the misbehavior. For example, if a child did not pick up toys as requested, then he or she cannot play with the toys the rest of the day.

Set a Good Example

"Children want to be like their parents. They will follow your lead. Become vigilant that you are modeling for your child appropriate reactions to situations," Rader said.

Iowans can call ISU Extension and Outreach's [Iowa Concern Hotline](http://www.extension.iastate.edu/concern), 800-447-1985, for help and referrals for dealing with stress, crisis and loss.

For more research-based information on children and parenting, visit the Science of Parenting website at <http://blogs.extension.iastate.edu/scienceofparenting/>.

Words on Wellness

Your extension connection to nutrition and fitness

Healthier Snacks Sold in Schools

If you have a child in school, you may have already heard about the new "Smart Snack" guidelines going into effect this year in Iowa schools that participate in the federal school lunch program. The 2010 Healthy, Hunger-Free Kids' Act updated the nutrition standards for snacks and beverages sold in school vending machines, via a la carte sales in the cafeteria, and at school stores and some fundraisers.

The new "Smart Snack" guidelines are intended to limit the availability of high-energy, low-nutrition foods like sugary beverages, candy, chips, and snack cakes.

The guidelines require snacks to:

- Be a whole grain, fruit, vegetable, dairy product, and/or protein food;
- Provide at least 10% of the daily value of potassium, calcium, fiber, or vitamin D;
- Contain no more than 200 calories and 230 mg sodium;
- Provide no more than 35% of its calories as fat and no more than 10% as saturated fat (exceptions: nutrient-rich snacks such as nuts, seeds, and low-fat cheese); and
- Be no more than 35% sugar by weight.

The below table shows the difference in snacks allowed before and after the "Smart Snack" guidelines.

Before the New Standards			After the New Standards		
Food	Total Calories	"Empty" Calories	Food	Total Calories	"Empty" Calories
6 medium chocolate sandwich cookies	286	182	1.0 oz peanuts	170	0
2.2-oz fruit-flavored candies	249	177	Snack bag light popcorn	161	17
1 large donut	242	147	1 oz low-fat tortilla chips	118	0
1 chocolate bar	235	112	1 granola bar (oats, fruit, nuts)	95	32
12 fl oz soda	136	126	12 fl oz flavored water	0	0

Adapted from "Smart Snacks Infographic," USDA Food and Nutrition Service, <http://www.fns.usda.gov/smart-snacks-school-infographic>

School Snacks FAQs

Will I break the law if I put a double-fudge brownie in my child's or grandchild's lunch? Although it is important that both schools and caregivers promote healthy eating for the well-being of children, the standards do not apply to packed lunches.

Will cupcakes be forbidden at classroom parties? Nope. These rules govern only food sold to children in school, not food that is given to them free.

How can I find out more about the new Smart Snacks standards? For more information on the USDA Smart Snacks standards, visit www.fns.usda.gov/school-meals/smart-snacks-school.



No Knead Whole Wheat Bread

Sandwiches are a packed lunch staple. Homemade bread makes a sandwich special. Try this easy-to-make, tasty, bread recipe. **Serves 16**

Ingredients

- 1 1/4 cups nonfat milk, lukewarm (100–110°F)
- 1/4 cup orange or apple juice
- 3 tablespoons honey
- 1 teaspoon salt
- 1 packet instant yeast (about 2 1/4 teaspoons)
- 2 cups whole wheat flour
- 1 1/4 cups all-purpose white flour

Instructions

1. Grease sides of an 8.5" x 4.5" loaf pan with nonstick spray.
2. Combine milk, juice, and honey in a bowl.
3. Add the remaining ingredients. Beat vigorously for 3 minutes. Dough will be thick. Scoop the dough into the pan. Cover pan with clean towel. Let the dough rise in a warm place for 45–75 minutes, until almost double in size.
4. When dough is almost doubled, preheat oven to 350°F.
5. Remove towel. Bake bread for about 30 minutes. Dough will pull away from sides of pan when bread is done. Cool 30 minutes before slicing.

Nutrition information per slice: 110 calories; 0 g fat; 0 mg cholesterol; 23 g carbohydrates; 4 g protein; 2 g fiber; 150 mg sodium

From Spend Smart Eat Smart at www.extension.iastate.edu/foodsavings/.

IOWA STATE UNIVERSITY
Extension and Outreach

Healthy People. Environments. Economies.

Words on Wellness



www.extension.iastate.edu

Fresh Lemon Juice will remove onion scent from hands

Instant potatoes are a good stew thickener

Three stalks of celery, chopped and added to about 2 cups of beans (navy, brown, pinto, etc) will make them easier to digest.

When making a casserole, make an additional batch to freeze. It makes a great emergency meal!

To avoid toughened beans or corn, add salt midway through cooking.

Green pepper may change the flavor of frozen casseroles. Clove, garlic and pepper flavors get stronger when frozen, while sage, onion, and salt get milder.

Make your own Spiced Tea or Cider. Place orange peels, whole cloves, and cinnamon sticks in a 6" sq piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a strong-

What's in Your Lunch Box?

When making a bag or box lunch for yourself or your child, don't forget to play it safe! Food that travels from one place to another is likely to stay outside of the refrigerator for more time than the food you serve at home. Therefore, the bacteria that cause foodborne illness have a better chance of growing rapidly in a bag lunch.

Use the Right Container

Gone are the days of a "brown bag" lunch. Choose insulated lunch bags and boxes to keep cold food cold. The lunch container should have enough space so that you can always fit in a reusable freezer pack or a plastic bottle filled with ice. Make sure the bag or box can easily be washed daily with hot soap and water. A dishwasher-safe lunchbox or a bag that can be laundered is ideal. Wash lunch boxes and other lunch containers soon after coming home.

Wash, Wash, Wash!

Wash hands thoroughly for at least 20 seconds with soap and hot water before preparing any food for the lunchbox. Make sure that any utensil that comes in contact with the food has been thoroughly washed and sanitized. When eating away from home, many people forget to wash hands before eating. This allows germs the perfect chance to transfer to a sandwich or apple. Make it easy for you and your child to eat with clean hands by including hand sanitizer or wipes in the lunch bag.

For more ideas on protecting your family's health when packing lunches, use the handout titled *What's for Lunch? It's in the Bag!* available at store. extension.iastate.edu/Product/PM3026.

A 10-Minute Run Does Your Heart Good

You don't have to be a marathoner to reap the health benefits of running. A recent Iowa State University study, published in the *Journal of the American College of Cardiology*, found that running for just 5 or 10 minutes a day can reduce your risk of heart disease.

Researchers followed more than 55,000 adults for 15 years to measure the benefits of running, according to DC (Duck-chul) Lee, lead author of the study and an assistant professor of kinesiology at Iowa State University. Lee stated "runners were 45 percent less likely to die from heart disease or stroke than non-runners, regardless of their running distance, duration or speed."

"Most people say they don't have time to exercise...but I think most everyone can find 5 to 10 minutes per day to run for the health benefits," Lee said. For more about the study, watch the video at www.news.iastate.edu/news/2014/07/28/runningmortality.

Looking for other quick ways to get fit? Check out ISU Extension's "Quick Fit," a program of exercises you can complete in only 15 minutes a day, 5 days a week: store.extension.iastate.edu/Product/EDC247.



PM 2099WW October 2014

...and justice for all

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Parents Can Help Children with Abduction Concerns

ARTICLE | TUE, 09/30/2014 - 13:35 | BY [MALISA RADER](#), [LAURA STERNWEIS](#)

AMES, Iowa – Parents naturally are concerned for their children’s safety, particularly when there is news of attempted child abductions that happen close to home. Finding the balance between emotions and the “teachable moment” as parents talk to their children is important, an Iowa State University Extension and Outreach specialist says.

According to Malisa Rader, an ISU Extension and Outreach human sciences specialist in family life, kids might be dealing with their own fears based upon what they are seeing on TV or hearing from others.

“It is important at this time that parents react with a sense of calm and reassurance,” Rader said.

Parents can take this opportunity to share with their children important information to help avoid potentially dangerous situations, but need to approach it in a manner that doesn’t create unhealthy fears in children.

Share Helpful Information

Rader offered the following suggestions:

Emphasize with your child that strangers should not be asking children for help, but it is OK for a child to ask an adult for help when needed.

Encourage your child to trust his or her intuition and to take action when sensing danger.

Point out ways your child has learned to stay safe, such as saying “no” and running away when he or she is concerned about a situation.

Help your child identify safe places such as schools, libraries, churches and businesses.

An analysis of all attempted abduction cases by the National Center for Missing and Exploited Children found that in 84 percent of cases, the children escaped their would-be abductors through their own actions.

“It is important that parents make it a priority to talk with their children about safety from predators not as a ‘once and then done’ conversation, but as an ongoing dialogue as their children grow older,” Rader shared.

As children age from adolescence to tweens to teens, the conversation around child safety should evolve. The [Take 25](#) campaign sponsored by the National Center for Missing and Exploited Children offers age-appropriate discussion guides and activity sheets related to safety topics. Resources can be accessed at <http://www.take25.org>.

Help Young People Process Thoughts, Feelings

Rader encourages parents to watch their children closely for signs of anxiousness. Being open to talk about those feelings while developing safety strategies, can help children feel in control of situations. They can learn to make good choices when faced with possible unsafe circumstances, while still enjoying some of the carefree aspects of childhood.

“Be open to how your child might be feeling and talk with him or her with sincerity and honesty,” Rader said.

“This is an opportunity to discuss any number of issues— from children not putting themselves in particularly dangerous situations to how to react when they sense they might be in potential danger”, Rader adds.

“This is a teachable moment, so use it! But doing so in a calm, reassuring manner will help your point come across more clearly without raising unhealthy fears in young people,” the ISU Extension and Outreach specialist said.

Iowans can call ISU Extension and Outreach’s [Iowa Concern Hotline](#), 800-447-1985, for help and referrals for dealing with stress, crisis and loss.

Science of Parenting: Music and the Brain

BY [DONNA DONALD](#), [LORI HAYUNGS](#), [LAURA STERNWEIS](#)

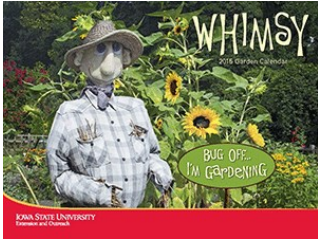
AMES, Iowa – After attending school concerts, paying for instruments and supervising practice sessions, parents might wonder: Is it worth their time, money and nagging for their children to be involved with music? Human sciences specialists discuss what research shows in the [Science of Parenting blog](#) from Iowa State University Extension and Outreach.

“Sometimes those beginning piano lessons – and those teenage garage bands – can be difficult to listen to, but music helps children build skills and develop their brains,” said Donna Donald, a human sciences specialist in family life.

Lori Hayungs, also a human sciences specialist in family life, said learning music helps children improve their concentration, coordination and self-confidence, as they take pride in their achievements.

In the blog, Donald and Hayungs will delve deeper into the skills learned in music and how those skills transfer into other learning. They’ll also talk about what parents can do to share their own love of music.

Learn more from [tips on the blog](#) throughout the month and in a [four-minute podcast](#). Through the Science of Parenting, www.scienceofparenting.org, ISU Extension and Outreach specialists share and discuss research-based information and resources to help parents rear their children. Parents can join in the conversation and share thoughts and experiences, as well as how they handle parenting responsibilities.



**2015 ISUEO Gardening
Calendar ~ Only \$6.00**

**2015 Healthy & Homemade Meals
Calendar ~ Only \$2.00!**



Smart Choice: Health Insurance

**A free workshop about decisions that will
be made during open enrollment through
both Private and Marketplace Insurance**

Program Focus:

- Learn Insurance terms and policy language
- Compare health care needs to policy coverage
- Identify how to lower spending
- Learn about financial assistance



**Jefferson County Extension Office
Fairfield, IA**

7:00 PM ~ 9:00 PM

Tuesday, November 18, 2014

Presenter: Joyce Lash, Extension Family Finance Specialist
Jefferson County Extension 641-472-4166
Pre-registration required by: November 17, 2014

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

Pro-Ag Outlook Meeting, Extension Office

4:00 pm—8:30 PM, Wednesday, November 5th

Cost: \$45 or \$60/couple (includes meal/materials)

This is an annual outlook meeting featuring Chad Hart, Extension Crops Marketing Economist. Chad will be presenting information on supply and demand for both crops and livestock and price outlook. Charles Brown, ISU Extension Farm Management Specialist for SE Iowa, will present information on the 2014 Farm Bill. Lenders, farm managers, farmers and ag consultants are all welcome. Pre-registration (for food count) deadline is Friday, Oct. 31st. To register contact the Extension Office at 641-472-4166.

ISU Extension Scheduling Farm Bill - Program Overview Meetings

ARTICLE | THU, 10/09/2014 - 11:55 | BY [CHAD HART](#), [ANN JOHANNIS](#), [WILLY KLEIN](#)

AMES, Iowa – Iowa farmers and landowners will learn about the new programs authorized by the Agricultural Act of 2014 (commonly referred to as the Farm Bill) at informational meetings conducted by Iowa State University Extension and Outreach and local USDA Farm Service Agency staff members. Meetings will be held across the state to explain options available under the new Farm Bill.

Farm Bill – Program Overview meetings will focus on the Price Loss Coverage (PLC) and Agricultural Risk Coverage (ARC) that will be administered by USDA Farm Service Agency, and the Supplemental Coverage Option (SCO) administered by USDA Risk Management Agency through federal crop insurance providers.

“Extension farm management specialists are prepared to discuss decisions farmers and landowners need to make in the coming months regarding Price Loss Coverage, and Agricultural Risk Coverage Individual and County options,” said Chad Hart, ISU Extension and Outreach economist and program coordinator. “Local FSA staff members who administer the programs will be available to answer questions.”

The timeline for when decisions need to be made along with information about online Farm Bill decision tools also will be shared at the meetings. Topics that will be covered during the meetings include:

- Base reallocation
- Yield updating
- Price Loss Coverage (PLC)
- Ag Risk Coverage (ARC)
- Implications of PLC and ARC on participation in the Supplemental Coverage Option (SCO)
- Dairy Margin Protection Program (MPP)
- Noninsured Crop Disaster Assistance Program (NAP)

Farm Bill meetings for upcoming months continue to be added to the [ISU Extension and Outreach Statewide Calendar](#). For the most current listing of meeting locations and dates visit the Ag Decision Maker Farm Bill website at www.extension.iastate.edu/agdm/info/farmbill.html or contact your county extension office. The [Ag Decision Maker Farm Bill website](#) also contains useful links and resources related to Farm Bill decision making.

FREE Farm Bill Meeting Thursday, December 4th

1:00 ~ 3:30 pm OR 6:00 ~ 9:00 PM

at Extension Office

Con-Ed CIC:**Mosquito/Public Health: October 23: 9:00 AM—Noon****Ornamental Turf: November 5: 1:30 PM—4:00****Comm Ag Weed Disease: November 12: 9:00 AM—Noon****Greenhouse: November 12: 1:30—4:00 PM****Fumigation: November 18: 9:00 AM—Noon****Aerial Applicators: November 18: 1:30—4:00 PM****Pest Control: December 3: 9:00 AM—11:30 AM****PPAT****(Private Pesticide Applicator Training)****Thursday, December 18, 2014 7:00 PM****Wednesday, March 4, 2015****1:30—4:00 PM*****Commercial Manure Applicators****January 6, 2015 9AM ~ Noon*****Confinement Manure Applicators****February 12, 2015******Reshow Schedule Changes******2nd Friday/month*****Commercial Manure 9am-12 *Confinement Manure 1pm-3pm*************3rd Friday/month****Commercial Ag Weed 9am-12 Ornamental Turf 1pm-3pm****All other reshow on 4th Friday/month****All reshow will be billed at Late Registration amount*****There will be NO reshow in June or December.******You must register before a reshow will be held.***



Help Farmers Cope with Stress

ARTICLE | MON, 10/13/2014 - 14:06 | BY [MARGARET VAN GINKEL](#), [ANN JOHANNIS](#), [WILLY KLEIN](#)

AMES, Iowa — Farm life with its country setting often is idealized, but as the complications and pace of agriculture have increased, so have the physical and mental demands on farmers. Safety and stress during harvest season cannot be ignored, says Margaret Van Ginkel, an Iowa State University Extension and Outreach family life program specialist and Iowa Concern Hotline coordinator.

“Farmers deal with everyday tasks of money management, decision-making and equipment maintenance,” Van Ginkel said. “Worry over large debt loads, government regulations, pest outbreaks, animal disease, negative publicity, rapid change within the industry and lack of control over the weather add stress and safety risks.”

Van Ginkel noted that farmers work long hours in isolation near their home environment, leaving them no place to escape the stressors, which makes it easy to see why farming ranks as one of the most stressful occupations in the United States.

“The physical and mental stress of farming can take a toll on a person’s health,” Van Ginkel said. “Ignoring those signs of stress can lead to fatigue and depression, increasing the risk for accidental injuries, poor decision-making, physical illness and more.”

The long days and late nights of harvest can lead farmers to push their limits to get crops out of fields, but research from the Centers for Disease Control and Prevention confirms that breaks can help increase concentration and alertness while reducing the risk for farm accidents.

“Get out of the tractor, get out of the combine,” said Van Ginkel. “Take fifteen minutes to eat a sandwich on the tailgate of the pickup with your family. It will recharge your energy and help you think clearly again.”

Van Ginkel says there are physical signs of stress to look for in yourself or a co-worker. She references the Ag Decision Maker publication [Managing Farm Business and Family Stress](#) when she points out physical signs of stress include an increase in headaches, lingering fatigue, disrupted sleep patterns and more frequent illness; emotional signs include frequent anger and irritability.

Recognize signs of stress

Although adults involved in the agriculture industry may not come out and verbally share they are under financial or emotional stress, there are signs they may be in need of help, Van Ginkel said. These signs can be observed by friends, neighbors, veterinarians, physicians, clergy, teachers and other community members.

Suzanne Pish, a social-emotional health extension educator with Michigan State University Extension, encourages those living in rural communities to look for the following signs of chronic, prolonged stress in farm families:

Change in routines. The farmer or family no longer participates in activities they once enjoyed such as church, 4-H or visiting at the local diner.

Care of livestock declines. Animals might show signs of neglect or abuse.

Increase in illness. Stress puts people at higher risk for upper respiratory illnesses (colds, flu) or other chronic conditions (aches, pains, persistent cough).

Increase in farm accidents. Fatigue and the inability to concentrate can lead to greater risk of accidents.

Decline in farmstead appearance. The farm family no longer may take pride in the way farm buildings and grounds appear, or no longer have time to do the maintenance work.

Children show signs of stress. Children from families under stress may act out, show a decline in academic performance or be increasingly absent from school. They also may show signs of physical abuse or neglect.

“Many farmers who are used to working things out for themselves might be resistant to sharing their problems with others. Although asking for help might go against the nature of a strong, self-reliant farmer, obtaining support for stress-related problems usually provides the most effective and durable solutions,” Van Ginkel said. “It’s important to encourage and refer individuals and families under farm-related stress to needed resources.”

Call the Iowa Concern Hotline

Iowans can call the ISU Extension and Outreach Iowa Concern Hotline, 800-447-1985, for help and referrals for dealing with stress. The Iowa Concern website at www.extension.iastate.edu/iowaconcern/ has a live chat feature as an additional way to talk with stress counselors. Agencies and professionals serving individuals and families can contact local ISU Extension and Outreach offices about Iowa Concern hotline number business cards available for distribution.

The following publications can be accessed at Iowa State University Extension and Outreach county offices or from the Extension Online Store, <https://store.extension.iastate.edu/> or at your Extension Office...

[Stress: Taking Charge](#)
[Strengthen Your Relationship in Stressful Times](#)
[Show You Care by Listening](#)

IowaConcern Hotline: 800-447-1975

Stress, Legal Questions, Financial Concerns, 24-hour confidential assistance

The following is an excerpt from ‘Stress: Taking Charge’. Go to the ‘Store’ on the extension.iastate.edu website and type “Stress” in the search bar. Publications are also available at the Jefferson County Extension Office...

What Is Known about Managing Stress?

We can't eliminate all stress, but we can find ways to reduce it. Below are ideas that may help.

- Do something about one small part of a problem.
- Exercise to relieve physical and emotional symptoms.
- Do something enjoyable each day.
- Take time to meditate.
- Eat well and avoid drugs, alcohol, and tobacco.
- Accept change as part of life.

Barriers to Managing Stress

Even when a change is needed, it's hard to take the steps that might help. Anxiety, worry, lack of time, and too many responsibilities make taking charge seem impossible. The more stressors that come, the more the symptoms of stress prevent people from taking charge.

Behaviors that can prevent people from making changes that can lessen stress include:

- Trying to solve too many problems at once makes change overwhelming.
- Blaming others, “the system,” or “fate” prevents action.
- Letting stressors build up affects our judgment and initiative.
- Using drugs or alcohol instead of resolving problems increases stress.
- Believing nothing can change ensures that nothing will change.

Ideas for Managing Stress

- Focus on what you and your family do well.
- Positive relationships can help lessen the impact of stressful events.
- Practice appreciative communication as a family. Each person deserves to be listened to.
- Take care of your health—a protective factor in stressful times.
- Strengthen spiritual resources.
- Let your values drive your choices.
- Delay taking on new commitments.
- Strengthen your money and time management skills.
- Reach out to others for support.

Take charge of stress by paying attention to the symptoms below.

Physical

- Headaches
- Muscle aches
- Appetite or weight changes
- Changes in sleep habits
- Frequency of fatigue or illness

Behavioral

- Increased drug or alcohol use
- Reduced concentration
- Postponed decisions
- Reduced productivity
- Increased forgetfulness
- Frequent boredom

Emotional

- Anger or irritability
- Sadness (crying spells)
- Anxiety or lack of direction
- Discouragement
- Hyperactivity
- Search for magic solutions

Relationships

- Intolerance of others
- Avoidance of friends
- Nagging
- Drop in sex drive
- Loneliness
- Resentment

For more information visit the ISU Extension Online Store at: store.extension.iastate.edu.

Revised by Kimberly Greder, associate professor of human development and family studies and family life Extension and Outreach specialist. Originally prepared by Colleen D. Jolly (retired).

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Extension and Outreach

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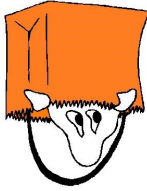
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Jefferson G's 4H Club is hosting a delicious fundraiser again this year! They are selling ButterBraids and Cookie Dough to help make your holiday get-togethers a little easier!

ButterBraid flavors include Apple, Cinnamon, Strawberry/Cream Cheese, Blueberry/Cream Cheese, Caramel Rolls, Double Chocolate and Raspberry!

Cookie Dough selections are Chocolate Chip, Peanut Butter and White Chocolate Macadamia Nut!

Each item is only \$14 each and absolutely delicious! Perfect for Sunday morning brunch or afternoon party!

Contact a member of the Jefferson G's 4H club, or stop in and order at the Extension Office. The deadline for ordering is October 30, with pickup November 8th!

Happy Holidays!