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## Wrestlers take over Earlham!



Wrestling is as much about passion and will as it is speed, agility, and strength. With 400 kids competing in the 2nd Annual Earlham Wrestling Club Tournament at the school last Saturday, a gamut of emotions and skill were on display. Cheers, tears, hugs, celebrations, and consolations filled the gyms on a truly memorable day for kids and adults alike.

Wrestlers from 90 different clubs competed. Forty-seven kids from the Earlham Wrestling Club wrestled.

There were five different divisions: Super Pee Wee (Pre-K and K), Pee Wee (1st and 2nd grade), Novice (3rd and 4th grade), Junior (5th and 6th grade), and Senior (7th and 8th grade). Kids competed in 104 brackets in the five age groups. Wrestlers were assigned brackets according to experience,

weight, and ability. Trophies were awarded for 1st place and medals for 2nd through 4th place in each bracket.

Winners from the EWC included: Cash Hager, Croix

Risetter, and Myles Fitts in the Pee Wee division; Cooper Christensen in the Novice division; Colten Van Pelt and Colter Lenze in the Junior division; Konner

Keller, Carson Winey, and Keegan Long in the Senior division.



## Farm Couple Getaways Return to Iowa

To help farm families build relationships and set family goals, Iowa State University Extension and Outreach is offering two "Farm Couple Getaways." Both events are aimed at farmers wanting to take advantage of activities to improve farm family communication, work on farm or family goal setting, farm transitions or looking for a weekend away to discuss farm and family issues.

The first getaway will be held Friday, Feb. 10 through Saturday, Feb. 11 at the Best Western Plus Hotel in Dubuque. The second getaway will be held Friday, March 3 through Saturday, March 4 at the Cobblestone Inn & Suites in Holstein.

The getaways run from 12:30 p.m. on the first day to 3:15 p.m. on the second day. There is no cost to attend the program as food, lodging and other expenses are covered by sponsorships. However, there is a \$50 per couple deposit to hold each reservation, refundable on the second day of the event.

Past getaways have proven to be beneficial for farm families. "They are a very productive and delightful time to discuss items of importance to help farms and families be successful," said Larry Tranel, dairy specialist with Iowa State Uni-

versity Extension and Outreach. Each getaway will consist of 10 farm couples and the extension facilitators.

Registration will be on a first-come, first-served basis and will be limited to 10 couples per event. Registrations are due two weeks prior to each session. Registration brochures for the various sites are available online, and can be obtained from Jennifer Bentley, dairy specialist with Iowa State University Extension and Outreach, at [jbentley@iastate.edu](mailto:jbentley@iastate.edu), or at the Iowa State University Extension and Outreach Winneshiek County office, 563-382-2949. Dairy specialist Fred Hall can also take registrations at [fredhall@iastate.edu](mailto:fredhall@iastate.edu) or at the Iowa State University Extension and Outreach Sioux County office, 712-737-4230. Dairy specialist Larry Tranel is available at [tranel@iastate.edu](mailto:tranel@iastate.edu), or at the Iowa State University Extension and Outreach Dubuque County office, 563-583-6496.

The "Farm Couple Getaways" statewide Gold sponsor is the Iowa Farm Bureau Federation, with other local sponsors recognized at the local events. Brochures with registration forms are available.

## Women Landowners Can Learn More About Agronomy Via Zoom

by Angela Rieck-Hinz

Women landowners, farmers and ag retailers will have the opportunity to meet again this winter to learn more about agronomy and related agricultural topics through distance-learning sessions of Agronomy in the Field.

The goals of Agronomy in the Field are to strengthen agronomic skills for women that allow for better decision-making, provide a better understanding of inputs for crop production, see and understand different conservation practices and increase confidence in communication with a spouse, farming partner, ag retailer or tenant.

These programs are hosted by extension field agronomists Angie Rieck-Hinz, Meaghan Anderson, Rebecca Vittetoe, Leah Ten Napel and Clarabell Probasco.

Five free distance-learning classroom sessions of Agronomy in the Field will be offered from January through early April. Sessions will be over the noon hour, starting at 12 p.m., and will typically last until 1 p.m. These sessions will be provided through a web-conferencing program, so women can join online from the comfort of their own home or office.

"It can be hard to travel in the winter months with



weather challenges and family priorities, so hopefully the web-conferencing technology will allow women across the state to still be a part of the program, even if they are unable to physically be in the same location," said extension field agronomist Angie Rieck-Hinz.

All sessions will be recorded so women can access them at a time convenient for them if they can't join in for the live sessions.

The sessions that will be offered this fall and winter are as follows:

- January 9: Lean and Mean Crop Production.
- February 20: Interpreting Soil Test Results and Fertilizer Recommendations.
- March 6: Developing Successful Herbicide

Plans.

- March 20: Managing Your Forages to Maximize Productivity.
- April 3: Iowa Soils and Understanding CSR2.

Any interested women landowners, farmers and service providers who would like to participate in upcoming sessions can

register for the sessions at <https://go.iastate.edu/PgFFCZ>. Once registered, participants will receive an email confirmation with a link to join and can participate in one or more sessions at no cost. For more information, visit the Iowa Women's Agronomy in the Field Facebook page.

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