

IOWA STATE UNIVERSITY

University Extension



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Get inside Extension and discover how we support healthy people, healthy environments, and healthy economies. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Humboldt County a better place to live. You'll be amazed at what we do.

Mike Ubben
Extension Council Chair

John Eveland
County Extension Education Director

Healthy People

Eighty seven participants learned in two "Healthy Meals in a Hurry" workshops quick and healthy meal ideas for their families. Guidance to lower sodium and fat in meals was included in the fourteen main dish recipes that are low cost and quick to prepare to "eat now" or freeze to "eat later". Participants included young moms, senior citizens, home care assistants, and child care providers. Many attendees purchased the publication to use for themselves or share with others.

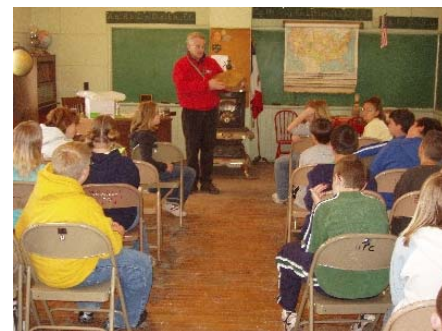


For two years, a Survivors of Suicide Loss Group has been meeting monthly to provide support for

families and friends who have lost a loved one to suicide. The group helps fight the stigma surrounding mental health issues through survivor walks, community events, and community coalitions.

Healthy Environments

123 fifth grade students from Humboldt County learned about protecting our environment at a four county program entitled "Youth Environmental Agricultural Days." Sixty five people attended an Agricultural Drainage Workshop for farmers and contractors, focusing on drainage design, economics, long term benefits, bioreactors, and wetlands.





Kim Adams, Mike Ubben, Pam Norman, Caroline Thompson, Shelly Haselhuhn, Teresa Bleich, Larry Lane, Gary Erickson, Brian Ernst

Humboldt 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:

- Healthy Initiatives
- 4-H & Youth Development
- Biotechnology
- Economic Development



We connect you to Iowa State University.

We are your local link to make connections

for campus enrollment, continuing education, campus visits, campus exhibits, conferences, camps, and sporting events.

... and justice for all

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Healthy Environments continued:

120 third grade students of Humboldt County participated in a Safety Day Camp at the Humboldt Fairgrounds. Students and teachers learned about safety with electricity, fire, bicycles, lawnmowers, four-wheelers, farms, railroads, weather, and first aid. Humboldt County Master Gardeners helped present educational programs, floral workshops, designed an heirloom garden at the Humboldt Historical Museum, and staffed the Open Horticulture Show at the county fair.

At private and commercial pesticide and manure applicator training classes, licensed applicators reviewed water quality, safety in application, equipment calibration, pest identification, and scouting techniques.

Healthy Economies

Meetings were held to explain the ACRE Program of the Farm Bill at four locations for producers and land owners. A Farm Leasing meeting gave producers, land owners, and lenders the opportunity to discuss land rental rates, costs of production, and market trends.



There are 50 Barn Quilts of various sizes and patterns across Humboldt County. Bus and car tour groups learn about the heritage and contribute to the economic well-being of the area. At the annual Mid Iowa Community Development Conference, Humboldt County officials learned about

entrepreneurial services, community betterment programs, tourism, viticulture, and had the opportunity to discuss issues with a panel of area legislators. The Humboldt County Community Foundation, with assistance from many partners and ISU Extension, granted 67 awards totaling \$93,000. Foundation funds were used for school improvement, after school programs, park and recreational upgrades, library projects, youth environmental education, historical projects, parenting education, and the Food Pantry.

Impacts

Humboldt's 4-H Program includes 107 Humboldt County youth participating in 10 Community Clubs, a Horse Club, Shooting Sports Club, and a new Science Club. 4-H teaches life skills of communication, leadership, recordkeeping, and team work.



A discussion group was formed to look at the Bio-economy and "Food, Feed, and Fuel" in Humboldt County. Topics discussed included rising energy and food prices and effects on families, renewable energy's place in high energy cost picture, and Iowa's position in global agriculture and bio-energy. Discussion results were submitted to ISU Extension, along with suggestions from all 99 counties in Iowa for future program planning.