

# IOWA STATE UNIVERSITY

## University Extension



### County Extension Staff

**Holle Smith**

County Extension Education Director

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### Emmet County 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 Emmet County a better place to live. You'll be amazed at what we do.*

Lori Meyer  
Extension Council Chair

Holle Smith  
County Extension Education Director

### Staff Serving Emmet County, but based in other counties

**Jan Burk**

Family Resource Management Specialist

**Nancy Clark**

Family Nutrition & Health Program Specialist

**Dennis DeWitt**

Livestock Program Specialist

**Eldon Everhart**

Horticulture Program Specialist

**Jane Goeken**

Economic Development Program Specialist

**Ron Hook**

Farm Management Program Specialist

**Paul Kassel**

Agronomy Program Specialist

**Kris Kohl**

Ag Engineering Program Specialist

**Chris Mondak**

Dairy Program Specialist

**Merle Pochop**

CIRAS

**Rhonda Rosenboom**

Family Life Program Specialist

**Jerry Weiss**

Swine Program Specialist

### People of all ages in Emmet County improve their health

Extension educates local citizens to improve their physical and mental well-being and financial health.



This year, eight summer day camps reached 112 kindergarten through 8<sup>th</sup> grade students, providing a safe, educational event. More than 35 youth learned child development principles and safety and health skills at a babysitting clinic sponsored with Emmet County Public Health.

More than 300 citizens enrolled in "Lifestyle Challenge," a four-month program on healthy eating and

exercise. The program's co-sponsor is Avera Holy Family Hospital. Health tips also were shared through weekly e-mails and news columns.

More than 210 4-H'ers gained citizenship, leadership and life skills through club and county events and summer workshops. Fifty-seven Clover Kids met monthly, linking math, science, food and fun. Budgeting workshops were presented to Head Start, Even Start and Upward Bound parents.

### Producers learn about managing hail-damaged crops

ISU Extension Crop Specialist Paul Kassel was quick to respond to





David Enerson, Keith Richard, Sharla Ries, Jeanne Handeland, Ron Menendez, Robin Hansen, David Dominy, Lori Meyer, Amy Lowe, currently serve on the council.

## Emmet 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:

- Leadership Development
- Strengthening Families
- Increasing Profitability in your Business
- Personal Financial Management
- Building the 4-H Community Club Experience



**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 more.

... and justice for all

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## Hail-damaged crops continued

summer hail damage by helping producers assess how to manage damaged crops for the best economic benefit.

“Hail events in July caused severe crop damage in the southwest corner of Emmet County,” reported Kassel. “Much of the corn in these damaged areas suffered stand loss and defoliation loss – so those corn fields have little yield potential. We expect about a third of a crop of soybeans in these areas.”

Statewide, ISU Extension responded to hail damage concerns with meetings and research-based information. A website answering questions is available at:

[www.extension.iastate.edu/disasterrecovery/](http://www.extension.iastate.edu/disasterrecovery/).

## Program helps women become better farm business partners

Empowering farm women to be better business people is the goal of Annie’s Project, a nationally recognized curriculum. Twenty participants attended the course offered in Emmet County. They received training in financial records, human resources, production and marketing regulation.



Ron Hook, an ISU Extension farm management specialist, facilitated this training along with local business leaders who volunteered their time.

The outcomes of the six-session series are as numerous as the women who attended. For some,

learning about marketing, farm records, business plans, leases and estate planning opened the door to their partner’s world.

## Families build positive youth/parent relationships

The Strengthening Families Program, a seven-week program for 6<sup>th</sup> grade students and their parents, builds family strengths. Families participate in role playing, group discussions and video presentations to learn about setting and achieving goals, resisting negative peer pressure and maintaining healthy home environments. The program was held in both the Estherville Lincoln Central and Armstrong-Ringsted school districts.



Data analysis shows:

- \* Youth had significantly lower rates of alcohol, tobacco and marijuana use compared to youth who were not in the program.
- \* Youth had significantly fewer conduct problems in school.
- \* Parents improved skills including building a positive relationship with their youth, setting appropriate limits, and following through on consequences.

In addition, research shows that these positive influences continue with youth years after they have completed the program. Children do well when their families do well, and families do better when they live in supportive communities.