

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

Mike Crotty

*Extension Council Chair*

Nancy Jensen

*County Extension Education Director*

### Healthy People

Pocahontas County Extension invests in the health of the residents of the County in many ways. *Live Healthy Iowa* teams from the county again participated in the state event. Ten people attended the program *Small Steps to Health and Wealth*. A monthly after school program focused on healthy bodies, snacks and minds for the third year.



The partnership between ISU Extension, local schools, the Pocahontas County Conservation Board, and 4-H programs planned and taught the series to 30 second

and third grade students. Other programs that helped keep people healthy included the *Women in Denim Conference*, food safety and food preservation, monthly newsletters and media articles.

### Healthy Environments

The Master Gardeners hosted their third annual garden show in April 2009. Exhibitors and speakers drew over 400 people to the event. The Master Gardeners also used funds from their perennial plant sale, wrote a grant and secured funds from local groups to begin a beautification project.





Front row L-R: JoAnn Peters, Maralyn McLaughlin, Mike Crotty, Ryan Peterson  
Back row L-R: Matt Scuffham, Terri Stover, Vicki Kerns, Dave Hallberg, Leesa Clausen

## Pocahontas 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:

- Youth Educational Programming
- Community Economic Leadership
- Value- Added Agriculture
- Connector & Liaison to Information



**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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**October 2009**

**IOWA STATE UNIVERSITY**  
**University Extension**

## Healthy Environments continued

The Beautification project was such a success that it grew from 14 planters to 96 beautiful planters in the community of Pocahontas.



The Extension Office trained 264 people in pesticide and manure application.

## Healthy Economies

The Regional Economic Leadership group met to share their County progress and continued networking in 2009. Participants attended a one day seminar to encourage regional planning and cooperation.

Leadership skills were taught to 9 Senior 4-H members at a weekend retreat.



The Pocahontas County Foundation provides grant funds to grow and enhance projects in Pocahontas County. Support from ISU Extension guides this process.

Over \$250,000 has been given to all nine communities in the County for projects to improve tourism, parks, trails, youth recreation programs, libraries, educational projects, health and safety.

Ag Day is planned by a coalition of business leaders and education agencies. The day features private pesticide application training, education displays from agricultural businesses and a speaker related to marketing. In 2009, 262 participants increased their marketing knowledge through this event that has been held for 7 years.

## Impact

Donna Seehusen, Pocahontas, was named the "Woman of Inspiration" at the 2009 Regional Women in Denim Conference.



Donna is an inspiration with the leadership skills she shows thru 4-H, service clubs, volunteer activities, and her devotion to her family.