

INSIDE GRUNDY COUNTY
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This week we are celebrating Extension Week. This is one time during the year that Grundy County Extension, along with Iowa State University Extension, takes a moment to highlight the many ways that ISU Extension is helping Iowans. You have likely seen the announcement in the paper about Extension Week or maybe you have visited with one of the Extension council members who have staffed an Extension display at one of Grundy County's grocery store. Regardless, we in Extension want to remind you that we are a ready source of research based information that you can use to answer almost any question that you have.

In addition to contacting the local Grundy County Office for information or for a listing of upcoming programs, there are additional resources available through ISU Extension which can be accessed through the Grundy County website:

www.extension.iastate.edu/grundy . For a complete list of hotlines that are available, simply click on the Hotlines button on the left side of the page then follow the links. For example, with the Thanksgiving and Christmas holidays right around the corner, many people will find the *Families Answer Line* very helpful. Just by clicking on the subject line, you can access information on food preparation, food safety, food preservation, nutrition, etc. or you can call (800) 262-3804 to talk with a specialist.

The following information is available from this site as well: *Continuing Education and Communication Services* (800) 262-0015 to learn about off-campus credit courses and

non-credit conferences; *Farm – On* (800) 447-1985 which is a program to match beginning farmers with retiring ones; *Iowa Concern* (800) 447-1985 which helps with financial questions, legal issues and family transitions; *Teen Line* (800) 443-8336 which provides personal and health related information and referral services; *BETS OFF* (800) 238-7633 for those who are having gambling problems or family members of someone with gambling problems; *Hortline* (515) 294-3108 which provides assistance to home gardeners on lawn, garden or ornamental questions; *Iowa Healthy Families* (800) 369 - 2229 for confidential health information and referral and the *Iowa Pork Industry Center* (800) 808-7675 which is available to assist Iowa pork producers in all aspects of pork production.

Whenever you are looking for information, be sure to give the Grundy Office of ISU Extension a call at 319-824-6979 or check out the Grundy County Extension website. Remember, you are always welcome to stop in the office for information requests as well.