Your Money Your Future: Smart $hopping in Storm Lake

Nine participants in the Your Money Your Future: Smart $hopping program conducted in Storm Lake learned about using grocery store advertisements, menu planning, grocery lists, and unit pricing to be smart shoppers. The participants agreed to use all four strategies which will save them 15% at the grocery store. If the participating families spend $500 a month on groceries, using the four strategies would result in $75 per month in savings, or $900 annually. Carol Ehlers, ISUEO Human Sciences Specialist, Family Finance conducted the program along with Marisol Axtel, personal sales associate with MetaBank.

Strengthening Families Held in Aurelia

Cherokee Co. Extension and Outreach partnered with Alt-Aurelia Schools to hold a Strengthening Families Program in Aurelia. The Strengthening Families Program is designed for youth and families and is a research-based program to develop skills in resisting peer pressure.

Upcoming ISU Research Farm Field Days

Field days give farmers and the public a chance to see research projects in progress and talk with the researchers involved in the experiments. They also provide the opportunity to view the latest in modern agriculture. Topics of field days in the summer typically cover corn and soybean production, including insect and weed management, soil fertility, tillage systems, water quality, planting dates, crop population, manure management and value-added crops.

- Allee Research Farm - Newell – June 21st
- Northern Research Farm – Kanawha – June 23rd
- Northwest Research Farm – Sutherland – July 13th
- Northwest Research Farm (Garden) – Rock Rapids – July 19th
- Northern Research Farm (Garden) – Kanawha – August 2nd

Cover Crop Research at Allee Research Farm

Dr. John Lawrence, ISU Extension and Outreach (ISUEO) Director, Agriculture and Natural Resources, Paul Kassel, ISUEO Field Agronomist, Lyle Rossiter, Allee Research Farm Manager, and Kelsey Lohff, Sac Co. Program Coordinator inspecting the cover crop at the Allee Research Farm near Newell.
Navigating Difference Training in Buena Vista

Navigating Difference Training is being held in several locations throughout Iowa for ISU Extension and Outreach staff. The Storm Lake location had approximately 25 attendees. The purpose of the training is to assist professionals in expanding their skills in working with diverse audiences.

Horticulture Workshops in Cherokee and Sac Co’s.

Cherokee Co. participants learning about flowering pot arrangements.

Hanging basket workshop attendees in Sac Co.

Congratulations Hixson Scholarship Winners!

ISU Extension and Outreach staff represented ISU at all 6 county award programs where the Hixson Scholarship were presented to high school students. The Hixson Scholarship provides one-half tuition and fee expense at Iowa State University or $3,864 in 2016-2017.

Calhoun Co. Partnering with Human Sciences

The Calhoun Co. Extension and Outreach office is partnering with ISU Human Sciences to conduct Parkinson’s research. The research team includes principal investigator Elizabeth L. Stegemöller, an assistant professor in the Department of Kinesiology; Donna Donald, field operations specialist for Human Sciences Extension and Outreach; and David Brown, a human sciences extension specialist in family life. Stegemöller is a board certified music therapist with a Ph.D. in neuroscience. Her research has demonstrated that singing training can significantly improve swallowing and respiratory functions, often major impairments in people with Parkinson’s disease. In this project, Stegemöller will lead sessions with a singing group in Ames that will be recorded and used to facilitate virtual singing groups in Calhoun County.

ISU Nutrition and Wellness Workshop

A workshop sponsored by the Department of Food Science and Human Nutrition (FSHN) and Human Sciences Extension and Outreach (HSEO) was held in St. Lake on May 23rd. Faculty from FSHN shared their research on nutrition to approximately 20 individuals.

Provided by Terry Janssen
Region 6 Extension Education Director

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