



2021 IN FREMONT COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State research and resources. We listen, learn, and work with the people of Fremont County for a #STRONGIOWA.



**Sustainable
ENVIRONMENTS**



**Thriving
COMMUNITIES**



**Resilient
PEOPLE**



**Future
LEADERS**



Fremont County Extension Council



The Fremont County Extension Council has been elected by the people of the county to guide local educational programming by partnering with extension staff. From needs assessment through program implementation and evaluation of outcomes, the council represents you and your issues. We are always serving Iowans and we are here for you. Now. Always.

Thank you for your support.

Jeffrey Johnson

Council Chair

Randy Owen

Council Vice-Chair

Colleen Crom

Council Secretary

Amanda Moore

Council Treasurer

Stacy Burge

Council Member

Tiffany Doyle

Council Member

Brian Langner

Council Member

Scott Lowthorp

Council Member

Kayla Walter

Council Member

Serving the People of Fremont County

As Iowans adjusted to life during the COVID-19 pandemic, ISU Extension and Outreach continued to prioritize health and safety as we delivered research-based education to the people of Fremont County.

The pandemic's recovery phase has meant an attempt to return to "normal." In 2021, we offered many programming staples including Private and Commercial Pesticide Applicator trainings, a Farmland Leasing Arrangements workshop, child care provider trainings, youth day camps and 4-H horse camp.

In addition, the new school year brought new opportunities for afterschool partnerships, and the return of previously



enjoyed programs like Bread In a Bag and Pint Size Science.

Sixteen individuals participated in a two-part financial program, Writing Your Retirement Paycheck, where they learned how to make informed decisions about retirement savings and withdrawals. Program partners included First National Bank, The Sanctuary Restaurant, and ISU Extension and Outreach Page County.

Through funding from Corner Counties Early Childhood Iowa, ISU Extension and Outreach Fremont County continued to provide Growing Strong Families, an in-home parent education program for households with children ages 5 and under.

Showcasing Youth at the Fremont County Fair

In 2021, the Fremont County Fair returned to its pre-pandemic format including exhibition, entertainment and engagement.

With 550 livestock exhibits and more than 260 static (non-livestock) entries, the 4-H, FFA and Clover Kids members of Fremont County did an outstanding job of showcasing the skills they “learned by doing.” Twenty-six projects advanced to the Iowa State Fair in a variety of project areas.



Extension Staff

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Lynda Marshall
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Mandy Maher
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Jessica Prazan
County Youth
Coordinator

Heidi Lowthorp
Growing Strong
Families Parent
Educator



Recovery Phase

To assist Fremont County in its ongoing recovery from massive flooding in 2019, followed by COVID-19 in 2020, ISU Extension and Outreach Fremont County has made Mental Health its primary priority. Objectives include:

- Empowering staff and volunteers to identify and address mental health issues.
- Educate audiences about available resources.
- Destigmatize mental health and its treatment through awareness efforts.
- Incorporate mental health awareness into new and existing programs.
- Provide programming designed to combat isolationism, helplessness, financial strain, fear, stress, anxiety and other contributors to poor mental health.

Plans for 2022 include escorting 4-H delegates to Citizenship Washington Focus in Washington, DC, securing an updated endorsement from Iowa Family Support Credential for the Growing Strong Families program, distributing mental health resources to ag producers and businesses as part of the Farm and Ranch Wellness project, and continuing to provide research-based educational opportunities to the people of Fremont County.

ISU Extension and Outreach Fremont County

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