



# BUILDING A #STRONGIOWA

## 2019 IN O'BRIEN 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 O'Brien County for a #STRONGIOWA.

### O'Brien 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:

- K-12 Youth Outreach
- Health and Well-being
- Food and the Environment
- Economic Development



### K-12 Youth Outreach

#### Inaugural Year of Chick Hatching Program Leads to Egg-cellent Results in Area Classrooms

More than 70 Kindergarten and 1st graders from Zion-St. John Lutheran School, Hartley-Melvin-Sanborn Elementary and South O'Brien Elementary participated in an egg-cellent chick hatching program that taught students about animal development from egg through hatching and into the first few days of life.

Led by County Youth Coordinator Sarah Fiddelke, the chick hatching program enabled one classroom from each of the three schools to host an incubator that held seven eggs. Weekly throughout the month of April, students studied the developmental stages of the eggs and at the end of the program, were excited to discover that their eggs had hatched into fluffy little chicks.

Students cared for the newly-hatched chicks for a few days before they moved to local 4-H members' farms. At that time, youth watched a video showing the farms where the chicks would grow up and the 4-Hers who would care for them.

### Extension Council Members

We want communities and farmers to thrive, and families and children to be healthy. And eventually we want to turn the world over to the next generation better than we found it.

**Ron McCarty**  
Extension Council Chair

**Kiana Johnson**  
Council Member

**Cheryl Heronemus**  
Regional Director

**Lisa Koehlmoos**  
Council Member

**Chas Biery**  
Council Member

**Lindsay Kracht**  
Council Member

**Christine Feltman**  
Council Member

**Val Moermond**  
Council Member

**Ryan Freese**  
Council Member

**Michael Wagner**  
Council Member



## Health and Well-Being

### Horticulture and Nutrition and Wellness Specialists Collaborate to Provide “Freezing Your Food Fresh” Education

When harvesting and preserving fresh vegetables, there are certain food safety best practices which result in the freshest, safest and best-tasting frozen produce.

In order to provide these best practices locally, Horticulture Program Coordinator Dawn Henderson collaborated with Human Sciences Specialist in Nutrition and Wellness Renee Sweers to provide “Freezing Your Food Fresh” at Love INC of O’Brien County.

The program focused on harvesting vegetables, preparing them for preservation and then preserving them via freezing. In addition to the education, each participant left the workshop with recipes and a freezer bag to preserve their own fresh produce through freezing.

## County Extension Staff



**Marsha Rehder**  
*Office Assistant/Ag Program Coordinator*



**Sarah Fiddelke**  
*County Youth Coordinator*



**Kate Stewart**  
*K-12 Program Coordinator*



**Kiley Biedenfeld**  
*Marketing Coordinator*



**Dawn Henderson**  
*Horticulture Program Coordinator*

## Food and Environment

### Herb and Gardening Program Provides Education and Networking Opportunity for Local Women in Agriculture

A program on herb and vegetable gardening drew crowds of local women to the ISU Extension and Outreach office in Primghar early in April. Coordinated by Ag Program Coordinator Marsha Rehder, the evening featured an herb-themed supper, an educational program focused on gardening from then-Horticulture Program Coordinator Margaret Murphy and a pot-your-own herbs craft.

With nearly 30 women in attendance, the event was both educational and enjoyable, providing a chance for women to look forward to and plan for spring after a long winter.

## Economic Development

### Marketing Hometown America Leads to Exciting Community Plans for Sutherland and Paullina

Marketing Hometown America is a program designed to help rural communities retain their quality of life and market the value of rural places by teaching community leaders to hone in on what people are looking for when they choose a place to live and do business. The program was offered to all O’Brien County communities with Hartley, Sutherland and Paullina choosing to participate. The final action plans for both Sutherland and Paullina were completed and compiled into a marketing plan for each individual town.

Paullina’s marketing plan, for example, led to the creation of a committee working with the Chamber of Commerce to focus on city celebrations, such as Fall Festival, Gemboree and Hometown Christmas. The group’s leadership and involvement led to an increase in volunteers and attendees at the community-wide celebrations. Additionally, the program spurred interest in reinvigorating the community’s recreational needs, such as the community’s bike trails.

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