

Meeting Local Needs 2013



County Extension Staff

Mandy Maher
County Program Coordinator

Susan Harris
County Youth Coordinator

Heidi Lowthorp
GSF Parent Educator

Lynda Marshall
Office Assistant

Fremont 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:

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

ISU Extension in Fremont County

610 Clay Street • PO Box 420
Sidney, IA 51652
Phone: (712) 374-2351
Fax: (712) 374-3286
www.extension.iastate.edu/fremont

ISU Extension and Outreach provides educational opportunities for economic development, food and the environment, health and well-being, and K-12 youth outreach. We meet local needs, so Fremont County can be an even better place for the next generation.

Lynda Cruickshank
Extension Council Chair

Alan Ladd
Regional Director

Economic Development

In an effort to support local economic development, Fremont County Extension & Outreach is an active member of **Fremont County Economic Development Corporation (FREDCO)**. Staff also serves on the steering committee for the newly-established **Keep Iowa Beautiful: Hometown Pride** project. Both entities have been formed to improve living conditions in Fremont County.

County Extension offices also serve as the local link to the **Center for Industrial Research and Service (CIRAS)**. In 2013, Pella Corporation, located on the eastern border of Fremont County, benefited from working directly with CIRAS.

Health and Well-being

Promoting healthy lifestyles is a priority for Fremont County Extension & Outreach.

In 2013, staff members participated in the county-wide **Children's Health Fair**, which is sponsored annually by George C. Grape Community Hospital in Hamburg. Demonstrating ways for kids and their families to lead healthy lifestyles is fun, and this year's super-hero theme made it especially entertaining!



Rosie Stark leads Fremont County Children's Health Fair participants in Zumba. Susan Harris, County Youth Coordinator, stands tall as Super Health Hero!

Fremont County Extension & Outreach continues to partner with **Growing Strong Families**, a parent-education program. The program provides monthly home visits to

families with children ages 5 and under, and focuses on child development, literacy, and healthy lifestyles.

A grant was awarded to Fremont County Extension & Outreach to fund **Living Well Through Intergenerational Fitness & Exercise (LIFE)**. LIFE is a theory-based program that aims to improve aging perceptions in young trainers while providing socialization for the older adult participants. This physical activity program uses low-impact, moderate activities guided by the exercise gaming tool called Kinect®. High school students with interests in geriatrics and exercise-related health fields volunteered to serve as leaders for a group of older adults determined to improve their physical fitness.

Food and the Environment

Fremont County Extension & Outreach consistently provides educational opportunities that support local efforts related to food and the environment. From conservation education and agriculture workshops to food preservation resources, Fremont County Extension & Outreach is there as the link to research-based information.

The Conservation Pack, an Extension & Outreach program based at Iowa State University, celebrated Earth Day 2013 with students at Fremont-Mills Community Schools. The program strives to bring kids (and adults) together to build enthusiasm for science, the wonders of the environment around us, and conserving our natural resources by working as a team.

Fremont County Extension & Outreach continues to support the efforts of IDALS, the Iowa Department of Agriculture and Land

Stewardship, by hosting **Private and Commercial Pesticide Applicators' Trainings (PPAT/CPAT)**. Through these classes, participants are provided with the most up-to-date research regarding the use of pesticides and herbicides and learn best practices for protecting the environment while still protecting their yields.

The annual **Food Safety Quality Assurance (FSQA)** training required for all 4-Hers who are participating in meat or dairy animal projects is designed to help youth and their parents better understand what they can do to produce the safest food possible. FSQA further contributes to the ISU Extension & Outreach mission of ensuring safe food and a healthy environment for everyone.

PK-12 Youth Outreach

A thriving 4-H organization continues to be a source of pride for Fremont County Extension & Outreach. **4-H is a national organization that empowers youth to reach their full potential by working and learning in partnership with caring adults.**

2013 saw the advancement of various **Science, Technology, Engineering & Math (STEM)** applications. Some of them include:

- Organizing a **FIRST® LEGO® League (FLL)** robotics team.
- Offering robotics and science-related summer camps.
- Developing a revised methodology and write-up form that encourages the identification of STEM elements in existing 4-H projects.
- Increasing STEM integration in all youth programming.
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Fremont County Extension & Outreach is also proud to revive **Clover**



Fremont County 4-Hers compete at the Regional FLL competition in December, 2013.

Kids, a 4-H program for children in grades K-3. Clover Kids participate in hands-on activities designed to build various life skills. Fremont County Clover Kids meet monthly in conjunction with regular 4-H club meetings.

Long-standing youth programming continues to be offered in Fremont County, including **Waubonsie Horse Camp, Junior Overnight Camp, the Fremont County Fair, and Bread in a Bag**, an educational program presented to Fremont County 4th graders that promotes farm safety, field-to-plate, and making healthy food choices. Additionally, a new **My Plate** program is being offered to 3rd graders to encourage nutritional food and drink choices.

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

December 2013