Guthrie County Extension Staff
Carolyn Wilson
County Youth Coordinator
Mary Ebert
County Program Coordinator
Vicki Frohling
County Office Coordinator

Guthrie 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.

Staff Serving Guthrie County, but based in other counties:
Terry Torneten
Regional Extension Education Director
Ruth Freeman
Family Finance Program Specialist
Abbie Gaffey
Communities & Economic Development Program Specialist
Mark Licht
Field Agronomist
Earl McAlexander
Youth Program Specialist
Chris Clark
Beef Field Specialist
Sandra McKinnon
Family Life Program Specialist
Shane Ellis
Farm Management Specialist
Shawn Shouse
Agricultural Engineering Program Specialist
Matt Swantek
Swine Field Specialist
Holly Van Heel
Nutrition & Health Program Specialist

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Get inside Extension and discover how we support healthy people, environments, and economies. Read about some of the ways ISU Extension and Outreach meets local needs, improves quality of life, and helps make Guthrie County a better place to live. You’ll be amazed at what we do.

Bret Hodges
Extension Council Chair
Terry Torneten
Regional Extension Education Director

New Extension Faces
Two new staff members joined the Guthrie County Extension and Outreach Office in 2012. Mary Ebert is the new Program Coordinator and she comes from Coon Rapids. Vicki Frohling is the new Office Coordinator and she recently moved back to her hometown of Guthrie Center.

Girl Talk Offered to Teen Girls
In 1994, Joan White, Director of Nursing at Humboldt Co. Memorial Hospital, gathered a team from ISU Extension & Public Health to modify the Girl Talk program in Iowa.

The Iowa Dept. of Human Services, Adolescent Pregnancy Prevention Program, supported curriculum development to encourage family communication on sexuality issues and launch the Girl Talk program statewide in 1995.

Girl Talk was implemented in Guthrie County in partnership with Guthrie County Public Health. Fifteen girls and their moms/caregivers learned a way to share their questions and concerns and how to develop positive feelings about the changes occurring in their lives. They practiced listening and sharing as they shared family values and discussed health and hygiene issues.

Guthrie County Extension Celebrates Extension Week
The Guthrie County Extension & Outreach Office celebrated Extension Week on March 30 with an open house. Over 100 people attended. They enjoyed refreshments, registered for door prizes, and visited with the staff about all the services Guthrie County offers.

Mary Ebert
Vicki Frohling
were grateful for the positive impact this series had on their mother/daughter relationship.

Farm Safety Day
Carolyn Wilson, County Youth Coordinator, offered Farm Safety Day once again this year. Over 200 County youth enjoyed learning about how to stay safe while working on a farm. Also, over 70 volunteers helped throughout the day.

Needs Assessment Helps Identify County Needs
The Guthrie County Extension & Outreach Office gathered information from county residents in order to better serve the citizens of Guthrie County. The assessment helped us determine programming needs for now and into the future. 198 residents completed this survey. Those who filled out the Needs Assessment were encouraged to sign up for the drawing of a $50 gift card from Casey’s General Store. The recipient of the gift card was Judy Hilgenberg. Results of the assessment are being applied to programs that are now being offered to Guthrie County.

Helping Families/Day Care Providers Through Nutrition Programs
Holly Van Heel, Nutrition & Health Program Specialist, offered an “Eat Smart/Live Strong” class to area seniors. Holly also offered two classes to child day care providers: “Color Me Healthy” and “Spend Smart and Eat Smart.” Participants received 2 hours of DHS approved credit for every class they attended. There are already more of these classes scheduled quarterly for 2013.

New Extension Facebook Page
The Guthrie County Extension and Outreach Office started a Facebook page to help keep area residents informed of Extension news and upcoming programs and events. You can become our friend and keep in the Extension “loop” by going to Guthrie Co. Extension & Outreach and “liking” us!

Extension Office helps Area Residents Address Drought Issues
The Guthrie County Extension & Outreach Office, through Iowa State University, offered a Drought Webinar on July 25 to help Iowa crop and livestock producers deal with drought-related issues. The Extension Office also offered a Crop and Livestock Drought Issues Meeting on August 2 for farmers dealing with drought stricken corn & hay to help them better understand quality issues related to their damaged crops. Three of our Agricultural Extension Specialists were present to answer questions. Local producers were also encouraged to bring in cornstalks they wished to have tested in order to determine nitrate levels. Another webinar was offered on August 21 for Iowa crop and livestock producers to learn about grain quality issues and marketing options related to drought.

Powerful Tools for Caregivers Class Offered
Mary Ebert and Carolyn Wilson taught two rounds of Powerful Tools for Caregivers classes this year to help local caregivers deal with the physical, emotional, and financial stress a caregiver can face when caring for a loved one. This six week course taught caregivers how to “thrive while caregiving” through reducing stress, improving their self-confidence, balancing their lives, better communicating their feelings, increasing their ability to make tough decisions, and learning how to locate helpful resources.

CyHawk Tailgate Party!
The Extension Office celebrated Iowa’s biggest annual rivalry, the CyHawk game, with a tailgate party on September 7th with free hotdogs and bottled water. Over 70 people enjoyed the party and sported their football gear! Participants were also encouraged to support their favorite team by contributing to the “change war” between Iowa State & Iowa. $158.41 was raised, and all proceeds from this went to the newly built 4-H food stand.

Producers Receive Current Land Leasing Information
Iowa State University Extension and Outreach is constantly trying to find new ways to carry our land-grant mission beyond the borders of campus and out into the counties we serve. Last year state-wide over 1.8 million people benefitted from our educational programs with nearly 17,000 volunteers working with us. Over 10,000 crop farmers state-wide consulted with field agronomists and agricultural specialists at the state and county level including producers in Guthrie County.

A land leasing meeting was offered to area farmers by Ag Extension Specialist, Shane Ellis. Ellis serves several counties in our region and delivered the latest information to local farmers on current leasing numbers and practices including the latest land value, and cash rent surveys. Participants went home with a 100 page booklet containing the most current and relevant land-leasing information in Iowa.

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