



2022 SUMMER INTERNSHIP PROGRAM NEWSLETTER

INTERN BREAKFAST

After two years without the Intern Breakfast, due to COVID-19, the Kossuth/Palo Alto Interns attended the annual Intern Breakfast held on Wednesday, May 25, 2022, hosted by the Kossuth/Palo Alto County Economic Development Corporation at the Columbia Events Center in Algona. Dr. Mark Nook, President of the University of Northern Iowa, led the 2022 Intern Breakfast as the keynote speaker. "If you attend college without networking and getting involved, you will not fully complete your education," Nook informed the Interns. He emphasized the importance of being a contributor, that creating lifelong connections paired with communication and creativity is the key to building a successful life. Nook highlighted the demographics of the Iowa workforce, showcasing the gap between having a significantly higher number of available jobs than obtainable workers. The high quality of life in Iowa is a draw for many to remain in state, along with exceptional education, which is critical in the K-12 area.

Kathryn Wirtz, a Career Intern Committee member, spoke next on the Intern Program and the benefits it serves for the Interns. She encouraged the Interns to "form connections during your time as an intern and it will lead to lifelong connections later." Wirtz reminded the Interns the Career Intern Committee is there to help the Interns reach their goals. Next, Wirtz explained to the Interns all of the exciting opportunities they will be given this upcoming year through the program, and encouraged participation in Project Hope, a service opportunity ran by the Interns.

Networking and communication were key topics throughout the breakfast, between Mark Nook and Kathryn Wirtz's words to the Interns. Forming relationships now will affect your life down the road and can influence if you secure the job or not. Wrapping up the breakfast, a special thank you was issued to President Nook for incorporating our event into his busy schedule and the positive impact he left on the Interns. K/PACEDC was very appreciative for all who were in attendance, as this is the 24th year of the Summer Intern Program. All In all, the Intern Breakfast was a great success!

-Reese Rosenmeyer, K/PACEDC



Pictured above: The Interns with President Nook at the Intern Breakfast.

PROJECT HOPE

For over twenty years, the K/PACEDC interns have been providing hope to local children, teens, and adults in need through "Project Hope", a community service project ran by area Interns. The annual "Project Hope" is a way for our community to show that we care about all who live here. Although Project Hope may not be a familiar name to many people, it is familiar to local schools, law enforcement, and human services departments as they are able to provide people in need with care packages.

The weeks of June 19th to July 2nd were declared Project Hope Weeks by both the Kossuth and Palo Alto County Board of Supervisors. Project Hope provides relief to people in need through the donations of many generous citizens and businesses. During these two weeks, Project Hope boxes were placed at local businesses where customers and employees could donate personal hygiene items including: shampoo, conditioner, toothbrushes, toothpaste, deodorant, razors, and shaving cream.

Envelopes were available for cash donations and this money was used to purchase more items for the care packages.

After everything was collected, the K/PACEDC Interns organized and packaged all of the items. These packages were then delivered to law enforcement offices, schools, and several other locations, so when the need arose, an individual could have a care package. This year, Project Hope collected more items than ever before. Project Hope is able to provide a sense of relief to people in need. On behalf of all of the Interns, thank you for your continued support and generosity of this wonderful project and program.

-Lily Hill, Kossuth County Extension



Pictured above: Interns dropping off Project Hope Bags at the Algona Law Enforcement Office.



SECRETS TO SUCESS WITH BRENDA CLARK HAMILTION

"Look the Part, Be the Part," was the phrase first stated during the interns' time with Brenda Clark Hamilton on June 7th. As a professional speaker with Fresh Coffee Professional Growth Programs, who gives over 100 speeches a year, Brenda still finds time to come back to her community to help inform interns on finding success through their professionalism. What does it mean to be a professional? Many young adults like the interns find a time when they ask this question. Brenda focused on this question in three key ways: professional appearance, behaviors, and attitudes.

To start learning about the professional appearance, the interns took a business attire IQ quiz. This offered the chance to understand what clothes are most professional for the workplace. Many of the interns were surprised to see where their own outfit fell in regards to professionalism. While many of us look at our appearance as just what we wear, Brenda helped stress the importance of not only clothes but grooming, postures, and gestures we make as well. All of this plays a large role in workplace appearance.

Brenda also dove deeper into what having professional behavior can mean in the workplace. Brenda explained the importance of using listening skills, staying organized, following through, and more. These are habits many of the interns will be taking and using while in their summer internships and on. Another large topic many do not consider when examining professional behavior is social media. According to CareerBuilder, 49% of employers say they have seen information on social media about a candidate that caused them not to hire them. This stressed the importance of being professional inside and outside of the workplace.

The last key piece of professionalism was maintaining a professional attitude. This included staying positive, approachable, and being respectful. These qualities are a large part of appropriate conduct in a workplace environment. All of these are key pieces in maintaining reliable and respectable behavior.

Thanks to Brenda Clark Hamilton, the interns have more knowledge on what being professional means. Gaining new insight about having a positive attitude, considering clothing choices, and ensuring we follow business etiquette were all tips Brenda stressed. The intern group truly appreciated the opportunity to learn from Brenda and are ready to take on workplaces with new information on being a professional.



Pictured above: The Interns practicing professional introductions with each other.

-Alli Youngbauer, Smithfield

The 60 Second Color Quiz

See if you are a master of what the color you are wearing says about you and participate in the same quiz the Interns took!

Directions: Letter each adjective with the colors that correspond to what color each adjective gives an appearance of.

Adjectives:

1. ___ Sophisticated
2. ___ Authoritative
3. ___ Creative/Artistic
4. ___ Energetic
5. ___ Approachable

Corresponding Color:

- A. Peach, Tan, Pale Pink
- B. Red
- C. Charcoal Grey, Navy, Black
- D. Burgundy, Forest Green, Plum
- E. Mauve, Yellow, White

Answers: 1-D; 2-C; 3-E; 4-B; 5-A

INTERN ADVISORY COMMITTEE

On Wednesday, June 1st, K/PACEDC kicked off their busy summer with their first intern advisory meeting at the K/PACEDC office. A group of 8 Interns from local businesses joined together to make new friends, build relationships, find new skills, and have a fun summer! This group of outgoing young adults spent their evening getting to know each other and volunteering for events. We determined our overall Intern Co-Chairs for 2022, including Reese Rosenmeyer and Amanda Thilges; their secretary is



Lily Hill. Their subcommittees included the Golf Outing Co-Chairs Riley Rosenmeyer and Hailey Ferguson, the Project Hope Co-Chairs Liliana Hill and Grayson Rowlet, and the Intern Newsletter Co-Chairs Reese Rosenmeyer and Alli Youngbauer. The group continued to sign up for events throughout the summer and looked forward to their next gathering on June 7th!

-Alli Youngbauer, Smithfield

ALICE TRAINING: Alert, Lockdown, Inform, Counter, Evacuate

If you found yourself in an “active shooter” situation, what would you do? Deputy Sheriff Jake Radmaker, Officer Brad Hillyer, and Officer Justin Wood of the Kossuth County Sheriff Department and the Algona Police Department posed a similar question to the attendants of the ALICE training session that was hosted at the Kossuth County Election Center on June 21, 2022. The program was designed to educate K/PACEDC Summer Interns on how to appropriately respond in a scenario involving a violent offender (specifically an active shooter). Throughout the session, the officers challenged the Interns to think deeply about several situations involving violent offenders. As stated by one of the officers, “Your body can’t go where your mind hasn’t been.” Though it is impossible to fully prepare for every possible scenario, it is critical that an individual consider the appropriate response to many types of scenarios before they are exposed to it.

Following a brief introduction during which the Interns were prompted to think about how they would respond to certain situations involving a violent offender, the officers introduced the Interns to the Cooper Color Code. The code is a metric that uses five colors (ranging from white to black) to differentiate between levels of situational awareness (ranging from oblivious to paralyzed). After the officers covered all five levels of situational awareness, they prompted the Interns to carefully consider what level they normally operate at. Several of the Interns confessed having a lack of diligence in the realm of awareness and admitted the need to be more active in assessing their surroundings. The officers encouraged each of the Interns to become more active in analyzing their surroundings and reminded them that those who are more aware of their surroundings are less likely to be caught off guard when something goes awry.

After the officers finished discussing the Cooper Color Code, they dove into a discussion of the ALICE acronym, which stands for Alert, Lockdown, Inform, Counter, Evacuate. The acronym is designed to provide a framework of action for any individual that finds themselves in a situation involving a violent offender. Far from being a rigid set of rules, the ALICE approach is meant to be a guideline to help individuals that find themselves in dangerous situations make decisions that lead to the greatest preservation of human life. In some cases, it may be safer to evacuate the area where an active shooter is known to be, whereas in other circumstances it may be more beneficial to shelter in place and “lockdown” the surrounding area; the appropriate response varies with each scenario. The officers acknowledged that there is no “one size fits all” approach and again emphasized the importance of situational awareness.

Following the conclusion of the presentation, the officers gave the Interns an opportunity to ask any questions they had about the material covered in the session. One intern asked about how an individual could defend themselves against an attack/attempted abduction. In response, Deputy Sheriff Radmaker demonstrated several different techniques designed to stop violent perpetrators from carrying out their intentions. Among these were techniques used to break an individual’s grip on the wrist and prevent the attacker from performing a rear-standing choke. Once the demonstrations were over, the officers offered to provide additional sessions on self-defense to any Interns in attendance who were interested.

The ALICE training session was highly effective at equipping those in attendance to better respond to situations involving violent offenders. Even though the ALICE half, the knowledge and skills the K/PACEDC Interns them well for many years to come.



Pictured Above: Sheriff Radmaker instructing the Interns about safety in intense situations.

Pictured Below: Front row: Kameryn Etherington, Liliانا Hill, Amanda Thilges, Reese Rosenmeyer, and Riley Rosenmeyer. Back row: Troy Nation, Sheriff Jake Radmaker, Officer Justin Wood, and Officer Brad Hillyer



-Troy Nation, Kossuth Regional Health Center

EXCEL TRAINING

On Tuesday, June 28th, the Interns headed to Pharmacists Mutual Insurance Company who graciously hosted our Excel Training. The training was led by Laci Mortensen of Pharmacists Mutual Insurance Company who shared excellent tips with the Interns, not just about using Excel but about securing a job out of college as well. Laci began by explaining how her internship through the K/PACEDC Summer Intern Program allowed her to make connections that helped her land her first job, which happened to be where she interned at. She emphasized that the K/PACEDC Summer Intern Program is a very valuable program that creates many opportunities for the Interns.

Laci provided all of the Interns with packets to follow along with during the training and to take home to reference whenever needed. The packets had a lot of valuable information on using Excel to ensure the Interns are equipped to tackle any Excel task.

Not only did Laci provide basic excel functions, she explained more in depth operations that Interns will need to know as well. She also presented some of her own tips and tricks that she uses daily. Some of the topics covered during the Excel Training included sorting, freezing, filtering, creating formulas, and even incorporating information from other sheets.

Overall, the Interns were able to gain valuable information from Laci, not just about how to efficiently and properly use Excel, but also how to set yourself up for success down the road on a career path. We are so glad Laci was able to present to the Interns and provide them with such essential information that they will carry with them throughout their careers. A special thank you to Pharmacists Mutual Insurance Company for hosting the K/PACEDC Interns!

-Reese Rosenmeyer, K/PACEDC

Pictured Below: Laci Mortensen instructing the Interns on how to better their Excel skills at Pharmacists Mutual Insurance Company.



MANAGE YOUR MONEY

Money is a tool affecting nearly every aspect of a person's life. On Tuesday, July 12th, 2022, Tascha Wykoff from Farmers State Bank explained the importance of managing one's money. She used her life experience and knowledge from Farmers State Bank to give the Interns advice on managing their finances. The main topic focused on the importance and impact of credit. Tascha started by explaining how essential it is to understand income and expenses and the importance of balancing a checkbook. This ensures the ability to create a reasonable budget and allows for the development of an emergency fund.

Tascha continued by explaining easy ways to build one's credit score and common ways individuals destroy it. She explained many ways one's credit score will affect an individual's life, such as future employment, insurance, and the ability to receive a loan. She concluded by encouraging all the Interns to develop a relationship with a banker and reach out for assistance when needed. Tascha provided the Interns with many practical ways to improve their financial life to create a successful future!



Pictured above & below: The Interns listening as Tascha Wykoff provides valuable information on how to set oneself up for financial success.



-Amanda Thilges, Farmers State Bank



INTERN GOLF OUTING EVENT



Our 2022 Summer Interns' and their supervisors' golfing skills were put to the test during a nine-hole, four-person best shot that took place on Friday, June 10th. The friendly competition was held at the Five Island Golf Course in Emmetsburg and was a wonderful day of golf fun!

The event began with a warm welcome to the fourteen Interns present and their supervisors, delivered by K/PACEDC intern Reese Rosenmeyer. Then, our seven teams were off, with all Interns receiving a drawstring bag with golfing essentials, including golf balls, tees, a golf towel, lip balm, a hat, and snacks all donated by local businesses and K/PACEDC.

As the round came to a close, the Interns, CEOs, and Supervisors enjoyed lunch provided by the clubhouse as a few announcements were made. Throughout the round, competitions took place to show off our Interns' golfing abilities. The winners of these contests were awarded prizes at the end of the round. Parker Eichenberger, an intern from Stateline Coop, was the winner of men's longest drive while Evan Bollinger, the Corteva intern, won the title for the men's longest putt. In the women's category, Riley Rosenmeyer, an intern for K/PACEDC, won for her longest drive and Liliana Hill, a Kossuth County Extension Office intern, took home the prize for longest putt. In addition to the personal contests, the team with Interns Parker Eichenberger and Evan Bollinger were awarded for their overall lowest team score of thirty-three. Recognized for their highest team score was the team with Interns Hailey Ferguson and Alli Youngbauer, both from Smithfield.

Throughout the week, we cautiously watched the impending rain, hoping no weather complications would postpone our event. Though the day began with showers, the rain had come to an end as the golf outing began. Our golfers then enjoyed a perfect day with beautiful sunshine appearing towards the end of the round. Overall, the intern golf outing was a wonderful opportunity for Interns to build connections with company CEOs and supervisors as well as other community business members. This event would not have been made possible without the tremendous support from Kossuth and Palo Alto County local businesses. All Interns would like to extend our gratitude to the many businesses that work together to make the Summer Intern Program, and all its events, successful!

-Riley Rosenmeyer, K/PACEDC Intern



Pictured: The Interns and supervisors enjoying the golf outing!



2022 SUMMER INTERNS

BOLTON & MENK
Emma Sullivan

CIY OF BANCROFT
Adyn Rowlet
Grayson Rowlet

CORTEVA
Evan Bollinger

EPS
Justin Taylor
Derek Utecht

FARMERS STATE BANK
Dylan Drahota
Amanda Thilges

**IOWA TRUST &
SAVINGS BANK**
Annie Brennan

**KOSSUTH COUNTY
EXTENSION OFFICE**
Lily Hill

K/PACEDC
Reese Rosenmeyer
Riley Rosenmeyer

**KOSSUTH REGIONAL
HEALTH CENTER**
Troy Nation

PHARMACISTS MUTUAL
Kameryn Etherington

SMITHFIELD FOODS
Hailey Ferguson
Alli Youngbauer

**STATELINE
COOPERATIVE**
Parker Eichenberger

*From all of the Kossuth/ Palo Alto
2022 Summer Interns, thank you to
the Kossuth & Palo Alto Businesses
for providing this Summer
Intern Program.*

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