

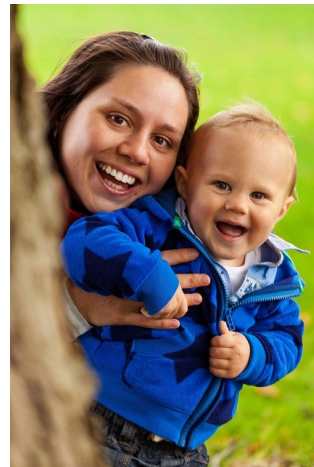
led to my decision to offer classes to the parents that focus on learning and practicing positive parenting and communication skills.

Further examples of efforts to strengthen familial relationships are reflected in my collaboration with CASDA. Their clients are primarily transient-the average stay is about six weeks. This offered me the opportunity, to create an educational program that consists of six lessons on varying topics that will be offered once a week on a rotational basis. Some of the topics included are: the importance of establishing a routine, engaging your child in dialogic reading, communication skills, increasing emotional self-regulation. I am developing a program, under the guidance of Dr. Nix, that will teach

parents trauma informed skills and techniques to guide their children in identifying their emotions and process them in a healthy manner, which will facilitate healthier communication and decrease behavioral problems.

As a final example, my conversation with Leslie Walker, Program Coordinator, at the Douglas County Jail identified a need for classes that focus on relationship and communication building skills. We will also explore the topic of stress practice skills to manage stress in a healthy manner. Plans are underway to bring Building Strong Families, a program developed by my Bayfield counterpart and colleague Liz Lexau to our county jail. The program consists of four short sessions that allow most inmates sufficient time to complete it. It

covers relationship skills, such as communication and respect, which help participants to identify and build their family strengths. An



important component of this program is that family members, if they consent, receive a newsletter that summarizes what is being taught each week. It is a vital link between loved ones, which fosters strong relationships.

In conclusion, humans worldwide have been

handing down behavioral traits from parent to child, generation to generation. Timely support to parents and primary caretakers of young children provides the opportunity to create transformative change that will strengthen not only families but also the communities in which they live not only for this generation but the next and the next and the next. Recently, I heard someone state, "You can't know what you don't know." In other words it is difficult for a parent to model positive parenting skills if they weren't modeled for them when they were young. All families have their unique strengths and weaknesses. Research informed and evidenced based education provides the opportunity to learn and practice healthy parenting and interpersonal skills. All of which are integral to raising healthy and productive adults that contribute to their communities.



March 2016

We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities.

Community and Economic Development

Where We've Been, and Where We Are Going

It is hard to believe that we are just over two months into 2016, since so much has happened. I'm going to briefly recap two events, and look forward a bit.

Looking back: How to Start a Food Truck Workshop

What started as an idea generated over breakfast at Perkins, turned into a workshop that we experienced significantly more demand than we could meet. We had over 60



participants at this workshop, with another 15 on the waitlist. This workshop pulled together a variety of community partners and one operator to help people explore this market segment. The WI Small Business Development Center at UW-Superior is working with a handful of participants

that are interested in exploring this idea deeper.

Looking back: Superior Days

I think I can speak for Sharon and myself when I say that Superior Days is a big event, and that we are both thrilled and glad the first one is under our proverbial belts. We had nearly 150 delegates from NW Wisconsin visit Madison. 28 lobby teams visited the office of every Senator and Representative in the Wisconsin Legislature. We had nearly 200 people visit the 31st Superior Days Reception, and the youth delegation learned about Future Wisconsin at their youth banquet. We will share more as the evaluations come in and are tabulated.

Looking ahead: Business Retention

An area I plan to spend a lot of my time in 2016 involves partnering with area economic development, business development, and government officials on a business retention and expansion program. Since January, I have been convening a group of partners to begin this process. I am also working with Douglas County, Development Association, and Wisconsin Economic Development Corporation on a local capacity building grant to help us fund software and other resources to effectively carry on this programming. Through this coordinated

Douglas County Extension Education & Recycling Committee:

- Sue Hendrickson
- Kay Johnson
- Charlie Glazman
- Rae Ann Anderson
- Mary Stone-McConnell



Upcoming Events

CNRD Twin Ports Inventors & Entrepreneurs	March 1
Agriculture/Horticulture Pesticide Applicator Training	March 10
4-H Youth Development SciGirls National 4-H Conference Cultural Arts Festival	April 4 April 8-14 April 23
WNEP Harbor House Series Parent Lesson Series Head Start Centers Food Pantry Lessons	March & April April March 29

effort, we hope to: encourage existing business to grow in Douglas County, identify businesses that might be experiencing risks and help reduce those risks, and identify opportunities to recruit and attract new businesses to Douglas County.

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Agriculture & Horticulture



Jane Anklam
Agriculture/
Horticulture Educator

Agriculture

Winter is the time that Douglas County's Agriculture is accessed, measured, and developed for the coming growing season. We have several growers becoming more focused on selling forage, considering how they can get the most for premium hay and learning how to change their harvest, storage, and marketing practices to achieve higher Relative Forage Quality scores. A forage probe and cordless drill are available to pull samples for UW- Extension lab analysis. An inexpensive test can be the starting point for increasing market share. Several of our growers are finding markets in the Chippewa Valley.

A winter class describing the use of Cover Crops on our northern soils was offered in Maple earlier in February. A USDA agronomist joined us in demonstrating how effective such crops can

be to increase the organic matter of our clay soils, allowing for more porous structure, soil temperature regulation, nutrient management, and protection from erosion. Cash crops, seeding of hay land and vegetable crops can benefit from this practice. We have some early adopters in Douglas County that will help expand this management tool to the field.

The update of the Douglas County Farmland Preservation Plan is underway. The UW-Extension is able to provide state, regional and local agricultural trends and data to the process. Farmland Preservation Plans and actions have been utilized by counties across the state to implement proactive zoning and conservation measures that sustain an effective agriculture infrastructure. The planning team, created by Douglas County, represents rural landowners, farmers, resource scientists and business people to account for the update. Agriculture is not a luxury. It does represent a land use and economy as

Visit the Douglas County Local Food sites at :
<https://fyi.uwex.edu/douglascountylocalfood/> or on Facebook at <https://www.facebook.com/DouglasCountyLocalFood/>

outlined in the Douglas County Comprehensive Plan. Observers are always welcome at the meeting.

Farmers, Consultants, and Extension Educators from Northwest Wisconsin meet in Rice Lake to review best management practices for Confined Animal Feeding Operations (CAFO's). Participating farmers are running family farms, usually dairy, of 1000 animal units or more. Much was discussed on energy conservation and phosphorus management as required by the state and industry standards. It is appropriate that Douglas County consider the demands placed on the land in such operations as well as the management capability of the farmer. All farmers should have a nutrient management plan... conventional or organic, 5 cows or 1000, the premise is the same. Your Agriculture Educator can help achieve this management plan.

Local Food

Douglas County UW-Extension has kicked off its local food initiative in January as its steering

Douglas County Local Food's Mission

Support, promote, and coordinate infrastructure for Douglas County to increase access to healthy, local food systems.

team begins exploring how a local food system does/does not function in Douglas County. The steering team, under the guidance of Jeanne Ward, has implemented a social media resource to learn about the local food infrastructure and resources.

It is important that community members visit the site to gain an understanding of our mission.

What this looks like for Douglas County may be different than other counties in the region, but it will be correct for us. We have a diverse and broad definition of local food for our market. We will learn more about it in the months ahead.



Araceli Whitwam-Sell
Family Living Educator

In the early 70's American singer and songwriter Harry Chapin recorded a song titled "Cat's in the Cradle." A song about a father who is always too busy to spend time with his young son, and offers promises to spend time with him in the future. His son grows up to become just like his father, focused on his career and personal pursuits instead of familial relationships. Eventually, his father reaches old age and finally has time to look back on his life. He yearns to have a meaningful relationship with his son. Regretfully, the father comes to realize that his son, now a grown man, is focused on the same priorities he had as a young man. He comes to recognize that a close relationship between the two of them might never happen. The final verse concludes with this sad line: "And as I hung up the phone it occurred to me, he'd grown up just like me-my boy was just like me."

This song reminds me of the influence one generation has on another. Research supports the intergenerational transmission from parent to child of both positive and negative behaviors-a cycle

that can be repeated over and over again. Some behaviors are positive and beneficial, like nurturing skills, valuing hard work or education and others are negative like a lack of positive parenting and communication skills.

The science of brain development has consistently shown the need for parents to use positive parenting skills as early as possible, particularly in the case of at risk children, to reach the best outcomes. Prominent scientists and educators alike agree that the most significant stage of brain development occurs between birth and the age of three. This is important because the manner in which parents interact with their children shapes their child's emotional, cognitive and social skills. These first relationships serve as a template for all future relationships. Additionally, they influence children's problem-solving abilities, peer relationships and basic coping skills. All of which are integral to positive outcomes.

For example, children pay attention to everything we say and do. They imitate not only our words but also our actions. Parents are entrusted to model the kind of behavior children should adopt. The challenge is that virtually no parent is given training and all too often finds that they are unprepared to carry out this essential role in the life of their child. Presently life is fast paced, and pressure packed. Parents are faced with a myriad of both challenges and

opportunities. Even under the best circumstances, navigating parenthood can be a daunting task.

The importance of strong positive parental skills and positive parental role modeling both nationally and locally is reflected in the rising divorce rates, juvenile delinquency, substance abuse, and many other lifestyle related societal problems.

As the Douglas County Family Living Educator, I've been privileged to meet with many of the individuals that direct the agencies and organizations that wholeheartedly serve our children and families. Their passion for their mission to strengthen and



transform the lives of those they serve align with my own vision. Over the last few months, I've researched curriculum, His professional insight provided us with a clearer sense of each organization's needs.

To elaborate, Family Forum Head Start provides their clients two program options. The home-based option serves parents in their home through highly committed home visitors while the center-based option serves children in a Head Start center four/five

days per week.

Home-based visitors are at the heart of the home-based program. These highly dedicated educators provide parents and primary care-takers of young children critical one on one support and resources. I was honored to meet all ten home visitors. We concluded that I could best support them by providing support and resources through education about topics they deem relevant based on their clients needs.

Our conversation with Dr. Cochrane also identified a pressing need affecting participants of both programs as well as many others in our community. Grandparents parenting

grandchildren need support. I am currently working on developing brief educational lessons that

address topics relevant to the challenges they face such as: the importance of physical and mental self-care, resolving conflict, legal aspects of raising grandchildren, behavioral problems, and monitoring a child's use of social media to name a few.

Dialogue with with Sue Fabini, Head Start center based manager along with feedback from several parents upon the conclusion of my presentation at their most recent monthly parent meeting

WI Nutrition Education Program

As I reflect back on the month of January, I am both excited and saddened. Saddened because this will be the last time I will see these groups of fifth grade students in a classroom setting. I recently realized I have been with these students since kindergarten and it is bittersweet to see them be moving on. I am excited however that during our five week session, I again was pleasantly surprised at the amount of information they have retained, their continued willingness to try new food, and their

enthusiasm to ask extended questions. They are thinking! This year the 5th grade sampled pomegranate, jicama, avocado, farmer cheese and wild rice. I have never served wild rice before but after learning that Deanna Erickson from the National Estuarine Research Reserve took the 5th grade students from Lake Superior School wild rice planting in September, I thought it would be great to connect their experience ricing with the food sample

served in nutrition class. While the students were sampling the rice, I gave a brief history lesson on wild ricing from materials so graciously given to me from the Great Lakes Indian Fish & Wildlife Commission. The history was especially intriguing to the other 5th grade classes that did not participate in the ricing.

The students also learned how to read food labels by using the “5/20 Rule”. This “rule” helps us decide which foods make good choices. Students also



Tarah Nichols
Nutrition Program
Educator

learned how to determine how many teaspoons of sugar are in the foods we eat. We talked about ways to increase physical activity in their daily routine and how to keep tasting fruits and vegetables when offered.

Chicken Noodle Soup

Nutrition Facts

Amount Per Serving		
Calories	110	Calories from Fat 18
		% Daily Value*
Total Fat	2 g	3%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	25 mg	8%
Sodium	840 mg	35%
Potassium		
Total Carbohydrate	14 g	5%
Dietary Fiber	2 g	8%
Sugars	3 g	
Sugar Alcohols		
Protein	8 g	
Vitamin A	3000 IU	60%
Vitamin C	0 mg	0%
Calcium	20 mg	2%
Iron	0 mg	0%

5/20 Rule

The 5-20 Rule is a quick guide to label reading. The 5-20 Guide doesn't define a food as good or bad. Instead, it can show how the food fits into your daily diet.

5% Daily Value (DV) or less is low – for nutrients you want to get less of, choose foods with a low % DV. Nutrients to get less of are saturated fat, trans fat, cholesterol, and sodium.

20% Daily Value (DV) or more is high – for nutrients you want to get more of, choose foods with a high % DV. Nutrients to get more of are fiber, vitamins A & C, calcium and iron.

Look at the Nutrition Facts label. Is the sodium in this food item 5% or below the Daily Value?



Source: American Dietetic Association

4-H Youth Development



Sharon Krause
4-H & Youth
Development Educator

Winter Recap & Marching On

In 4-H, the calendar never slows down. Winter Camp, Project Night and Superior Days are all in the rearview mirror already, and March seems to have come early and with way too much to do! Before moving forward, let's review the last couple of months.

Douglas County 4-H teens attended **Winter Camp** along with other 4-H members from



seven other counties. Besides socializing and playing broomball, the youth learned some valuable lessons. The camp theme was “Tip of the Iceberg”; there's more than meets the eye! The main educational components were a

simulation activity called Mad City Money and outdoor science experiments.

In Mad City Money students were given a profile of a fictional character complete with their job, income and family life, and then told to buy everything they needed in a typical month. It was a realistic lesson in budgeting that many of the teens found very useful as they move towards graduation. Outdoors, they used Digital Observation Technology Skills (D.O.T.S.) kits to determine wind speeds, humidity, and temperatures. A handheld GPS was used to find their way around and create maps; and video clips captured on iPads were turned into movie trailers which showed their findings. Another highlight was Eddie St. Germain, an Ojibwe elder who told stories and gave insights about life.

Volunteers organized and ran **Project Night** at Northwestern High School on January 18th. Approximately 45 people attended, and kids were able to try their hand at using a D.O.T.S. kit, build and test paper rockets, learn how to handle rabbits, cook pizza,

etc. Project Nights are a great way to sample skills kids might want to try to master.

Our annual **Winter Fun Day** featured sledding on a large local hill followed by a pizza party at VIP restaurant. This free event for families was well attended and the parents appreciated the good night's sleep their kids had after multiple uphill



climbs!

In February forty youth from six counties participated in **Superior Days 2016**, working alongside adults on lobbying teams. I sat in on several sessions, and it was clear that the legislators and their staff enjoyed hearing from our youth. The high schoolers presented the same topics as the adults and acquitted themselves well. When not lobbying they toured the UW campus, museums, and State Street.

The keynote speaker for the Superior Days youth banquet was Jim Morgan of the Future Wisconsin Project. The Project is a

collective effort of Wisconsin Manufacturing and Commerce, the University of Wisconsin, technical schools, and other colleges to study and improve the state's workforce. Did you know that in 30 years our state will have over 800,000 more people, but that 94.7% of them will be 65 years or older? What sort of businesses will thrive in our economy 20 years from now? Where will the jobs be, and more importantly, *who will fill them?* How can we not just retain our young people, but recruit more from other parts of the country? When people outside the state are asked for their perception of Wisconsin, two of the top answers are cheese and cold. How can we brand Wisconsin in a more positive light? For more information about Wisconsin demographics and people's perceptions, go to the Future Wisconsin Project website: <https://www.wmc.org/programs/the-future-wisconsin-project/>.

Jim Morgan's presentation was fascinating. It was helpful to me as well as the youth, because I recently joined a state 4-H team that is focused on workforce readiness. As part of the “**EmPwr**” team I am gathering literature and writing lesson plans that will be shared with the rest of Wisconsin 4-H. Leaders, teachers and parents will have resources available in one place that will aid them in training youth in both

4-H Youth Development



Sharon Krause
4-H & Youth
Development Educator

soft and hard skills. Soft skills include tips on personal skills, such as how to introduce yourself and shake hands. Hard skills are comprised of more technical skills like resume writing. There will be a literature list for background information and 10 minute lesson plans for various ages. The goal is to build students' skill sets over time to prepare them for life after graduation.

It is encouraging to know that many workforce readiness skills are already infused into the 4-H model. Members choose something they want to learn about, work to master it and then present what they've learned. That's what the county fair is all about! It gives kids the opportunity to show what they've done and receive feedback to help them take their project to the next level. The commitment, leadership, organization and communication skills required for projects all transfer to the workplace. One of my goals is to help Douglas County youth showcase their experiences on college

applications and resumes, and content from the EmPwr team will be of great benefit.

Moving forward, March will be busy! Traditionally it is a slower month in terms of 4-H events. But because I am trying to build our profile in Superior and the county, it now has a series of outreach activities. I have reserved one of the **D.O.T.S. kits** for


know of a group that would be interested in seeing a D.O.T.S. kit in action, please contact me. There are still some open dates during the latter half of the month.

The next big event after the month of March is a **Cultural Arts Festival** on April 23rd at Northwestern High School. This is almost like a mini fair.

To say 4-H offers a variety of experiences would be an understatement!

“Something for everyone”?

No, it's “Many things for each person”!



the month and will be taking it to 4-H community clubs, afterschool clubs, classrooms and a PTA family night at Four Corners Elementary. My two main objectives are to help local youth feel more comfortable around technology and to raise awareness of 4-H and its STEM activities. I will also be promoting a course called *Raising a Thinking Child*, summer science camps and STEM-based afterschool clubs for next year. If you

Youth can bring crafts, show off school art projects, sing a song, perform a short play with their friends, play an instrument, or do a demonstration such as how to cook lasagna. Judges will be present to evaluate entries and it's a fun time for family and friends to see what the kids have been up to! Please contact our office for more information. The deadline to register is April 9th. The event is only for 4-H members, but any youth can



still enroll!

Speaking of enrollment, if you know a youth who is not currently a member, I urge you to encourage them to check out 4-H. In this column I have written about youth having a great time at camp; gaining financial skills; using technology to study the environment; participating in civic engagement at the highest levels of our state government; learning about future career opportunities and how to prepare for them; having healthy fun outdoors; and expressing themselves through cultural arts. To say 4-H offers a variety of experiences would be an understatement! “Something for everyone”? No, it's “Many things for each person”! Please contact our office for more information or if you are interested in helping out with some of these events as a volunteer.



Photo courtesy of
Clorissa Kroll



Julie Montgomery
WNEP Coordinator

Dietary Guidelines Revised thru 2020

Every five years the United States Department of Agriculture (USDA) releases updated Dietary Guidelines to assist the American public in making healthy food choices. Last month the USDA released the 2015-2020 updates. The guidance suggests that a combination of healthy eating patterns and regular physical activity is key to maintaining good health and reducing the risk of chronic disease. Including cardiovascular, type 2 diabetes, overweight and obesity. “About half of all American adults have one or more preventable, diet related chronic diseases” according to the USDA newly revised Dietary Guidelines, demonstrating the impact of our personal food choices and daily activity (or lack there- of) on our well- being.



Key Recommendations:

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

Saturated fats and *trans* fats, added sugars, and sodium.

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help



individuals achieve healthy eating patterns within calorie limits:

Consume less than 10 percent of calories per day from added sugars

Consume less than 10 percent of calories per day from saturated fats

Consume less than 2,300 milligrams (mg) per day of sodium

If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

In tandem with the recommendations above, Americans of all ages—children, adolescents, adults, and older adults—should meet the *Physical Activity Guidelines for Americans* to help promote health and reduce the risk of chronic disease. Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to

You can achieve a healthy eating pattern in a variety of ways to meet your personal and cultural preferences. Engage in regular physical activities throughout the day and by choosing activities that you enjoy.

Information taken from the USDA Dietary Guidelines 2015-2020 and health.gov

<http://health.gov/dietaryguidelines/2015/guidelines/>

calorie balance and managing body weight.

As such, the *Dietary Guidelines* includes a Key Recommendation to:

Physical Activity Guidelines for Americans

- **Adults** need at least 150 minutes of moderate-intensity physical activity and should perform muscle-strengthening exercises on 2 or more days each week.
- **Youth ages 6 to 17 years** need at least 60 minutes of physical activity per day, including aerobic, muscle-strengthening, and bone-strengthening activities.

