



**Douglas County
Extension Education &
Recycling Committee:**

Sue Hendrickson
Scott Luostari
Charlie Glazman
Mary Lou Bergman
Mary Stone-McConnell



UW-EXTENSION NEWSLETTER ~ MARCH 2018

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

UW Extension Staff

Community & Natural Resource Development

James Anderson
Email: james.anderson@ces.uwex.edu

4-H & Youth Development

Sharon Krause, Educator
Email: sharon.krause@ces.uwex.edu

Agriculture & Horticulture

Jane Anklam, Educator
Email: jane.anklam@ces.uwex.edu

Administrative Staff

Cheryl Shockley, Program Assistant
Email: cheryl.shockley@ces.uwex.edu

FoodWise

Julie Montgomery, Coordinator
Email: julie.montgomery@ces.uwex.edu

Tarah Nichols, Educator

Email: tarah.nichols@ces.uwex.edu



VISIT US ON SOCIAL MEDIA

Website

<http://douglas.uwex.edu>

Twitter

https://twitter.com/UWEX_Douglas

Facebook

<www.facebook.com/UWEXDouglas>

Google+

<https://plus.google.com>

+UWExtensionDouglasCountySuperior



Douglas County Courthouse
1313 Belknap Street, Room 107
Superior WI 54880
Phone: 715-395-1363

Upcoming Events

FoodWise

- 1st Grade Classrooms—March
- Superior School District Family Resource Center preschool parent education
- Completion of muscle testing and evaluation of 12 week Strong Bodies muscle strengthening class
- Northern Campus Food Shelf Network meeting and pantry visit Lake Superior College

4-H

- Pizza, Prizes & Preparation Volunteer Party-March 5th, VIP Pizza
- Superior Days Wrap-up-March 22 at 6:00, Government Center Room 270

CNRED

- Superior Days Wrap-up-March 22 at 6:00, Government Center Room 270
- Superior Entrepreneurs On Tap: Positioning for a Business Loan, March 12

Agriculture/Horticulture

- "Saving the Urban Ash Forest" Webinar, March 28. 12:00-1:00, Rm 107, Douglas County Courthouse

UW-Extension is looking for the right person to join our team! We have an Extension Educator position open in the area of Human Development and Relationships. This is a half-time (50%) position to serve the communities and people of Douglas County. Initial educational topics for the team member to focus on will be parenting, relationships and financial security. The educator will build connections across the county in order to address needs that affect families, as well as provide family support programs in the county jail.

As a part of the University of Wisconsin System, educators in county-based offices enjoy a statewide network of colleagues to share resources, research and programming ideas, as well as support from specialists and coaches. The Human Development and Relationships Extension Educator is open for applications until March 23. To apply, go to: <http://www.uwex.edu/about/careers/jobs>.



Submitted by, Mary Pardee, Area Extension Director
(Douglas, Bayfield, Ashland & Iron Counties)

33rd Superior Days

The 33rd Superior Days has now concluded. While a winter storm kept nearly 40 of our delegates and guests from attending, 110 delegates and guests still made it to Madison to participate in Superior Days.



Counties Association, spoke on Tuesday about the issues the legislature is tackling in the closing days of the session. Mr. O'Connell also provided an election preview for 2018 and used his WCA looking glass to predict some outcomes.

The delegation was also joined by Dr. Ray Cross, president of the UW System, and Dr. Morna Foy, president of Wisconsin

Technical Colleges. Their co-keynote focused on how their respective institutions are focused on meeting the changing needs of Wisconsin residents, responding to workforce shortages, and meeting challenges brought by recent economic development projects announced across the State of Wisconsin.

This was my third Superior Days. Something I come to appreciate more and more each year is the legacy that Superior Days has in Madison. I talked with now retired Department of Workforce Development Assistant Deputy Secretary David Anderson, who came back to Madison from Wausau just four days after retiring. David told me that in 33 years, he has only missed Superior Days twice. This loyalty to attending Superior Days and networking with delegates is a refrain I heard from many elected officials and staffers.



Our delegates lobbied in the Capitol on Tuesday afternoon, connecting with each senate and assembly office.

Delegates spoke to four issues: Better City Superior (SB 727), Medicaid rates for nursing homes, water resource protection, and increasing payment in lieu of taxes (PILT) rates. These issues may not get the media attention they deserve, but each is important to Northwest Wisconsin in its own way.

Delegates also had an opportunity to learn about what is happening in Madison during two keynotes. Mark O'Connell, Executive Director of Wisconsin



Finally, Superior Days isn't Superior Days without the evening reception and Best of Wisconsin's Northwest. This year 26 local



businesses and organizations traveled to Madison to display their products, services, or community. The reception is an opportunity for delegates and guests to renew old friendships and acquaintances in Madison and make new ones. Mayor Jim Paine often talks about the role that Superior Days plays in facilitating these relationships, and that these relationships are often leveraged far beyond the confines of the Superior Days event itself.

Until next year, when we convene for the 34th Superior Days on February 12 and 13, 2019.

James Anderson, III
Community &
Economic Development



Agriculture

As the season progresses, the far north has the advantage of watching what spring brings to the rest of the region allowing us to make some calculated decisions about our farm management for 2018. Indeed, one concern on the table in winter 2018 is lack of snow cover in much of the state, leaving areas of frozen alfalfa and potential winterkill. For our farmers in the position to sell forage, now is the time to pull a forage sample to learn Relative Forage Quality (RFQ). For a small fee, farmers are encouraged to mail a zip locked baggie of a random sample of hay to the UW Soils and Forage Testing lab in Marshfield. They will receive an analysis indicating quality that they can use to market their hay. Dairy farmers in particular look for this number when they buy hay. Farmers can achieve a higher price for their product if they have the quality number. Knowing the quality of your hay from year to year, and field to field gives the farmer a measure to manage around. And that is the definition of *Sustainable Farming*. I am available to help farmers pull samples, have them sent to the lab, and analyze the results. I also have a drill that farmers can check out to pull samples. Now is the time!

I recently attended the Wisconsin Cover Crop Conference in Stevens Point. Cover crops are a useful and practical way to increase organic matter in the soil, as well as control erosion, decrease compaction, and aid in water infiltration. In our region, the window is short to incorporate this



Organic Soybeans planted in rye cover crop, 2017. Washburn County

“additional” crop into a single year’s rotation. Where we can consider is those fields where corn silage are removed or small grains are harvested before late September. Planting rye into these bare fields offers a quick cover and organic matter that can be planted into the following spring, or harvested and then planted to soybeans or a hay mix. We have growers in Douglas

County that are developing this practice for their soils and rotations. I look forward to a field day or two to share how we can utilize cover crops on our farmland, increasing our outcome, decreasing our inputs....

Local Food

The first Youth for the Quality Care of Animals live training was held late last month. A fine group of youth worked through the topics of Animal Care and Welfare, Feed and Nutrition, and Youth Leadership. I am grateful to Darren Nyhus, Agriculture Educator and science teacher at Northwestern High School, who presented these topics with me. Stressing that the consumer is demanding more and more of their food supply... wanting to know how the animals are raised and expecting high quality *and* safe meat. It is also fantastic to have the parents attend with their youth. We learn from each other.

Horticulture

Great news for the Superior Community Garden! A lease has been signed with the City of Superior. The Association is planning in earnest on building the infrastructure this year. The goal will be increased access to fresh local food in a neighborhood of need. The outcome is important to Douglas County gardeners and non-gardeners alike.



Where do you get your fresh local food? Community Garden Solon Springs, Mercantile. Summer 2016

Local food starts in the neighborhood. Do not be shy about wanting to be part of this as a community project. The next meeting will be open to all on March 21 at the Douglas County Courthouse, 6:00 pm. UW Extension Douglas County will utilize the community garden for demonstrations and as a teaching garden for all.

Jane Anklam
Ag/Horticulture Educator



Superior Days Youth Delegation

The 33rd Superior Days just wrapped up in Madison on February 21. While a big snow storm prevented some of our high school students from participating, it gave others opportunities to step into roles they had not anticipated being in, and they did a great job rising to the challenge. Several students stepped in to introduce speakers to the entire delegation and did so with tremendous poise. Additionally, almost all the lobby teams were missing members, forcing the remaining people to discuss issues they hadn't thoroughly researched. Like the adults, the students adapted to the situation and handled it well.



Youth delegates from Washburn High School gave a presentation to members of the Public Service Commission about their desire for Wisconsin to use more renewable energy. The students researched the environmental and financial benefits of wind and solar energy, including data from neighboring Minnesota. Photo taken by Sharon Krause

One of the highlights of the trip for me was the students' boldness. They were not shy about asking questions, posing many to Senator Baldwin's representative, Flora Csontos, during the Federal Update meeting. And at the youth banquet, the Q & A session after the speaker finished lasted half an hour!

The Youth Banquet Keynote Speaker was Michael Wagner of UW- Madison's College of Journalism and Mass Communications. He discussed research being done on "fake news" and media bias – as in, our bias towards news sources. Studies have shown that when presented with the same news, consumers tend to assume the reporting is negatively biased if it comes from a source they don't like. For example, liberals thought a report was biased when it supposedly came from Fox News and conservatives when it came from CNN, even though the report was as factual as possible and exactly the same for both groups. Other studies have shown that when it comes to changing one's mind about an issue, the group least likely to compromise are those who are the most highly educated because they seek and find facts that support their position. Wagner also talked about the impact of social media on

traditional news sources and gave tips on checking sources of news reports. The youth were very engaged and appreciative of his time.

Overall, this year's Superior Days youth delegation seemed to have a deeper grasp of the issues than in years past. We had many seniors who had participated in the past, and there also seems to be heightened interest overall in what's happening in government. High schoolers are more aware of what's happening in the world than ever before, and many are ready to engage in their communities when given the chance. Superior Days provides just such an opportunity, and it was encouraging to see them make the most of it.

Expanding Access

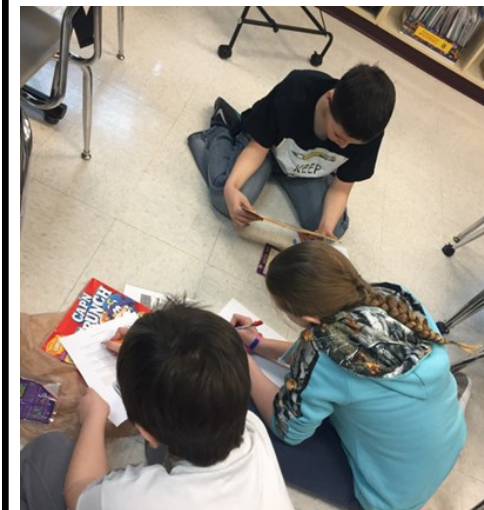
In December I co-led a focus group with the goal of obtaining data to help guide state-wide 4-H practices. A recent federal civil rights review found that Wisconsin 4-H needs to do a better job of reaching new audiences, and when I was approached to assist I was happy to do so. This is because I have been aware that while almost 70% of my volunteers live out in the county, 65% of Douglas County youth live in Superior. What's the best way to expand 4-H in the city, especially in neighborhoods without volunteers? The information we gathered will enable us to establish a new club in the city.

The focus group was arranged with help from the Superior Boys & Club on Caitlin Avenue, whom I had reached out to last year. Six parents shared what they look for when choosing extracurricular activities for their kids, and the best ways to reach them. We found that the vast majority of families in their neighborhood – perhaps 90% - do not have computers, so the best way to promote 4-H is with printed materials: Flyers on bulletin boards, notices in the Superior Housing Authority newsletter, etc. Once we get hold of them the affordability of 4-H, combined with all we have to offer, makes us a very attractive option. We have options for meeting spaces, so all we need is volunteers! If you or someone you know is interested in helping establish a community club in the northern area of Superior, please contact the office.

Sharon Krause
4-H & Youth Development



Visiting 5th grade is always bittersweet. Most of these students I have taught since first grade. Seeing them grow and mature over the years is just great. Having them recollect what they have been taught in nutrition class is a bonus. We finished our five week course in early February. I was very pleased many students could remember why we eat from each food group when we reviewed each week (what each food group does for us). We covered topics such as; why calcium is important, ways to increase our fruit and vegetable consumption, how to read food labels, choosing healthy snacks and how to



determine how much sugar is in foods and drinks. We also spent a lesson talking about the importance of eating as close to the real food as possible (whole food versus processed foods). The picture shows students working together in groups where they had to answer specific questions about foods using real food labels. This hands on activity helped students become more comfortable in reading labels and to know where certain nutrients were located on the label. I had several students the following weeks tell me they looked at and compared labels at home. Some shared what they had learned about certain cereals, snack items, certain milk and milk products and candy bars. It will be nice to hopefully see these students again in 7th grade.

Food for Thought...Healthy Retail

Stores are willing to buy and sell foods that their customers are willing to purchase. Many times stores choose foods that have a longer shelf life to ensure they will be able to sell the item before it goes bad. This is why many food stores struggle to provide a variety of fresh fruits and vegetables. While they know the food option is important for their

customers many times they find themselves looking at food that is spoiled because it is not purchased. Limited access to healthy food options can have a large impact on the health of individuals. If people cannot purchase healthy foods close to where they live they are less likely to eat healthy food items on a regular basis.

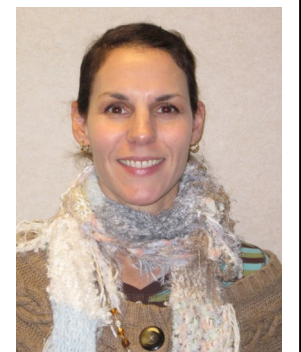


There are ways you can help increase healthy food items at your local food store.
 -Purchase the healthy food items offered.
 -Talk with the store to share items you would purchase regularly.
 -Encourage others to purchase healthy items at local food stores.
 As a customer, you influence what the store offers every time you make a purchase.

Source: Stock Healthy, Shop Healthy, University of Michigan Extension



Julie Montgomery
FoodWise Coordinator



Tarah Nichols
FoodWise Educator