

Family Living

Relationships matter to all of us. Motivational speaker and writer, Anthony Robbins states, "The quality of your life is in direct proportion to the quality of your relationships. The way we communicate with others and with ourselves ultimately determines the quality of our lives." Indeed strong, stable interpersonal relationships have far-reaching impacts on individuals, families and communities. They matter not only to the individuals involved but also to their children and other family members, to employers, and society.

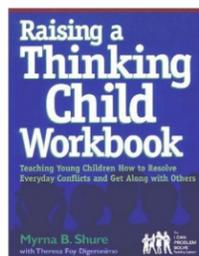
Research shows that there is clear health, mental health, economic and other

advantages associated with stable relationships. For example:

- Intense parental conflict is related to negative outcomes for children.
- Children who experience high parental conflict tend to use more aggressive behaviors, have lower academic achievement and higher rates of depression.
- Adults in stable, healthy relationships live longer, experience better physical and mental health, and tend to make better employees.

Because relationship success is critical to positive outcomes for children and

adults, UW-Extension Douglas County Family Living is preparing to provide educational programs, such as Raising a Thinking Child (RTC), that focus on teaching and increasing healthy interpersonal skills that



prevent unhealthy daily behavior and enhance relationships amongst Douglas County residents.

Head Start, Douglas County Jail, CASDA as well as Northern Lights School are enthusiastic about this new



Araceli Whitwam-Sell
Family Living Educator

approach and have expressed great interest in collaborating. The icing on the cake is that 4-H Director, Sharon Krause, and I will partner in RTC whenever possible to widen our reach. I hope that you are as excited as I am about Family Living's latest approach to serving our families because investing in today's families will pay rich dividends tomorrow.



Douglas County Extension Education & Recycling Committee:

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

August 2015

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



Upcoming Events

4-H	
Mighty Machines	8/13
Head of the Lakes Fair	8/25-29
Community Development	
Lake Superior Business & Technology Conference	8/14
Agriculture/Horticulture	
Biosolids Field Day	8/10
Pasture Walk	8/19
WNEP	
National Night Out Picnic @ Bartley Manor/Woodland Way Housing	8/14
Enbridge Safety Fair (WNEP & Extension will participate).	8/19

Working Together Versus Working Collaboratively

~ James Anderson,
CNRED Educator

Shortly after I started in April, our agriculture and horticulture agent started sharing information about the bird flu. Other than an interesting factoid, I shrugged it off a bit as something I would only need to know about tangentially.

As time has passed that same pesky bird flu issue is with us. It next had impact on our 4-H program with potential changes to livestock entries at the fair. More recently, if you have gone out to breakfast or purchased a dozen eggs, you may have noticed higher egg prices. That pricing impacts our Nutrition Education and Family Living educators as well.

Now a few months later, an issue that I was only slightly connected to has impacted each program in our office. Economic Development is not immune either. The national egg shortage and doubling to tripling of prices will last up to 3-years according to forecasts. This has caused egg shortages to commercial bakeries and restaurants.

This story is still about working together and sharing information. Where I'd like to go, after everyone has their feet wet a little more, including myself... is a deeper collaboration. Where we not only share news, research, and best practice from our professional areas – but we find opportunities to collaborate and cross program. Cross discipline programming not only creates program efficiency, but I believe will foster creativity and best practice, and ultimately benefit Douglas County even more. More to come as we learn and grow together.

Skills Gap Research

The NW Wisconsin Workforce Investment Board and UW Superior recently completed research to examine skills gap issues in the workforce. You can read this study at: <http://www.nwwib.com/>

2015 Lake Superior Business & Technology Conference, August 14th

This years conference will focus on how to go from idea to action, and fostering an environment of innovation. Learn more and register at: <http://bit.ly/lswin15>.

UW Extension Staff

4-H Youth Development

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

Agriculture & Horticulture

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

Community Resource Development Director

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

Family & Community Support

Araceli Whitwam-Sell
Email: araceli.witwamsell@ces.uwex.edu

Administrative Staff

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

Jeanne Ward, Program Assistant

Email: jeannie.ward@ces.uwex.edu

WI Nutrition Education Program

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

Tarah Nichols, Educator

Email: tarah.nichols@ces.uwex.edu

Virginia Leith, WNEP Program Assistant

Email: virginia.leith@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



An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Any person requiring special accommodations for attending Douglas County UW-Extension programs should contact 715-395-1363 in advance of scheduled programs so that appropriate arrangements can be made.

4-H Youth Development



Sharon Krause
4-H & Youth
Development Educator

"I Pledge my Head to Clearer Thinking"

The main role of an UW Extension 4-H agent is to foster and develop new programs to help educate youth. This involves generating ideas to help develop clearer thinking, greater loyalty, larger

service and better health. Douglas County's program emphasis is going to be on critical thinking because the decisions we make, and those we don't, always have consequences.

Notice the word, *skills*. Skill is not knowledge. Knowledge is facts; skill knows how to find, analyze and use facts to set goals - and reach them.

Critical thinking skills and problem solving are usually associated with academics, especially math and science, and some new programs will involve environmental education and S.T.E.M. activities. However, all parts of our lives - emotional, physical,

mental, spiritual, and social - are affected not just by *what* we think, but *how* we think.

To address these other areas, we will be partnering with Douglas County Family Living, schools and other organizations to offer a parenting class. *Raising a Thinking Child*, based on the book by Dr. Myrna Shure, is an 8-week course which teaches parents how to enhance their children's problem-solving skills. It is a research-based program and has a proven track record. The goal of the program is to help children utilize the prefrontal cortex of their brain more than the limbic system; or in other words,

help them to stop and think instead of just react. Children as young as 4 years old learn how to resolve everyday conflicts; explore alternative solutions and perceive their consequences; and consider the feelings of others. The class includes a workbook with fun activities to do at home and even dialogues parents can follow when coaching their children to think through a problem.

Classes will be offered by 4-H at the Cloverbud level, or Kindergarten to 2nd grade. For more information, contact Sharon. Dates and locations are pending; please check the Extension website for updates.

Solid Rock Garden on Tuesday evenings from 4-6 to guide you in your horticultural inquires!

Agriculture:

We are experiencing good forage growing conditions this season. We are looking at increased forage production for both our livestock and for market. The incorporation of soil nutrient practices, including biosolids into the management system has allowed for some higher yields. A Twilight Meeting will be held on Monday August 11th at the Mikrot Farm that will give farmers and town board committee members a chance to learn more about managing for excellent forage production.

It is good to pay attention to the discussion and decision



at

Agriculture & Horticulture

has brought an onslaught of tree disease. Homeowners are increasingly using the website to narrow down their diagnosis and treatment options. It has become very effective for growers to send in photos electronically for me to evaluate and respond. UW-Madison Plant Disease Diagnostic Lab is receiving samples from Douglas County that allow them to keep a broad perspective on pest movement around the state. This is all good for a strong and sustainable horticultural system locally and state wide.

Our Lake Superior Master Gardeners have been supporting our educational needs in community gardening and horticultural science. In particular the community garden project at Catlin Green in partnership

with the Superior Housing Authority was featured in the state's Summer Master Gardener *Volunteer Vibes*. Master Gardeners held their third "Ask a Master Gardener" booth at the local Lammas Harvest Fest. These events are a great learning opportunity for the community and the Master Gardeners. Remember, there are Master Gardeners on duty



Jane Anklam
Agriculture/
Horticulture Educator

Horticulture:

All things horticulture is getting a boost due to the adaptability of technology and the initiative of our UW Extension support staff. Take a look at the Douglas County Website under Horticulture to learn what is happening in the garden along with UW information on insects, disease, and weeds and how to manage. This summer

making process continuing in Bayfield County concerning the permitting of a Confined Animal Feeding Operation. All the plans, ideas and questions that need to be asked and answered will help us understand our role as we

WI Nutrition Education

Whole grain foods were identified by looking at packaging, reading labels and tasting food samples while conducting a whole grain experiment. This experiment included parents of children enrolled in the Afterschool Programs at Northern Lights & Cooper Elementary schools, parents and adults at Northwest Community Services Agency's Food Pantry and the Superior School District Summer Food Program at Bartley Manor Woodland Way Housing.

White, whole grain and 100% whole wheat bread slices were soaked in orange juice. Orange juice is similar to stomach acid in digestion. After ten minutes, slices of

continue to develop our agricultural infrastructure in Douglas County. Thank you for sharing your questions and opinions with me.

Look ahead to the September 19th Pasture Walk, 10:00 - 12:00 at the

Kingbird Ranch, owned and operated by the Gerald Kroll Family. This event is geared towards managing meat quality through genetics and forage management. These sessions are open to all and are great way to meet the farmers and learn of their needs and successes.

whole grain and 100% whole wheat bread remained strong. The white bread sample became glue like in the juice. Whole wheat and whole grain bread took three times longer to break down than the white bread sam-



ple. Sixty seven parents or other adults learned whole grains take longer to digest, keep us fuller longer and act like a broom sweeping out our digestive systems.

Labels were studied to identify first ingredients as whole grain. The kids pointed out they learned to

look for the whole grain stamp on foods from Mrs. Nichols in Nutrition class! Kids knew the whole grain stamp meant food is a healthier choice. Most parents and other adults were unfamiliar with the stamp. Adults were surprised to see how different the bread samples reacted and reported that they had not considered that brown bread may not be whole grain. The majority of parents said they buy the least expensive white bread. More than half of the parents reported will try whole wheat/whole grains to keep their kids full longer and healthier. The kids said they'll eat it!



Julie Montgomery
WNEP Coordinator



WI Nutrition Education Program



How many cups of fruits and vegetables are adults recommended to eat per day?

Nichols sought to help answer this for the Early Head Start parents on May 20th at Center #1.

The lesson focused on how to add in more fruits and vegetables to our daily meals. Food models were brought to show what 1 cup of fruits and 1 cup of vegetables looks like. The goal is to try to fill half of our plates with fruits and vegetables so as to meet

the goal of 2-2 1/2 cups of fruits and vegetables each day.

As the group was busy cutting up sweet peppers and cucumber for our colorful pasta salad, Nichols also talked about food safety, reminding them to always wash fruits and veggies before eating and/or cutting them before serving.



Tarah Nichols
Nutrition Program
Educator