

Youth Development in Oneida County

Working to Address Alcohol and Drug Abuse Issues in Oneida County

By Lynn Feldman
4-H Youth Development
Educator



Part of my Extension work is collaborating with the Oneida County Alcohol and Other Drug Abuse (AODA) Coalition to build the capacity of youth to resist drug and alcohol use. I'm currently working on becoming licensed as a Substance Abuse Prevention Specialist to fill the Coalition's state requirement. Since prevention is my work focus as a Youth Development Educator, I target the Coalition's work plan actions steps in that area.

On Feb. 18, the recovery advocacy group "Rise Together" gave a presentation at James Williams Middle School in Rhinelander as well as at Rhinelander High School. As a way to expand on the group's message, I consulted with a health instructor at the middle school and gave an interactive adolescent brain

research presentation to all of the eighth grade classes.

Focusing on the life skills of teamwork, problem-solving, decision-making, communication, and critical thinking; my presentation surrounded information about adolescent brain development, with youth creating a human representation of the reward pathway process in the brain and developing ideas on how to prevent unhealthy risk-taking behavior. The presentation was followed with a chance for youth to team up and practice refusal skills.

One hundred and twenty three students responded to a survey given following the presentations. The summary results showed that 83 percent of students felt that they gained knowledge about adolescent brain development. The percentage of students who reported an increase in knowledge about drugs and alcohol ranged from 52-67 percent, depending on the drug. When it came to knowledge application, 50 percent

of students stated that they increased their knowledge of ways to prevent substance use, and 59 percent stated that they felt that their ability to say "No" to substance use increased.

The material used for the "Adolescent Brain Development" presentation came from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Good Drugs Gone Bad education toolkit (a SAMSHA-recognized state and national model program developed by the Northeast Wisconsin AODA Coalition).

The teaching plan created for the middle school presentation is available for use in other school or afterschool settings. I am available to either train others on the teaching plan or present the plan myself.

For more information or to schedule the "Adolescent Brain Development" presentation, call Lynn Feldman at 715-365-2750 or email her at lynn.feldman@ces.uwex.edu.

SAVE THE DATE: County Government & You!

It's time again for another "County Government & You!" to be held from 4:30-5:30 p.m. on Tuesday, May 19, just prior to the monthly Oneida County Board meeting. This will be an opportunity for adults and teens to further their knowledge about the

county government process, using current issues as examples, and about ways in which they can engage in that process.

For more information, call the UW-Extension Oneida County office at 715-365-2750.

Don't forget to vote! CANtastic starts March 7

Looking for something to do in March? Bring some cans from your pantry and come to Rouman Cinema in Rhinelander from March 7-21 to vote for your favorite "historic building" made out of cans. All donations go toward the Rhinelander Area Food Pantry.



Family Living in Oneida County

Be Aware of the Changes the Affordable Care Act brings to Tax Filing

By Sara Richie
Family Living Educator



Many Oneida County residents are gathering their paperwork from 2014 to prepare for tax filing before the April 15 due date. Since the Affordable Care Act requires that everyone (with some exceptions) have health insurance, people must let the IRS know if they had health insurance for the tax year.



People with health insurance through their employer or a relative need only check a box on their tax form to indicate they had insurance for 2014.

Those with Marketplace coverage will need to complete new forms to reconcile the tax credits they received. The tax credits, based on estimated 2014 income, should be

adjusted to reflect actual 2014 earnings. People who have Marketplace coverage should watch their mail for Form 1095-A, a statement of the insurance subsidy they received last year.

Not having health insurance may result in having to pay a tax penalty. For the 2014 tax filings, this amount is \$95 per adult; \$47.50 per child or 1 percent of household income (whichever is more). There is a maximum penalty of \$285 for this year's tax season. Penalties will go up next year.

To avoid the tax penalty for 2015, people can enroll in Marketplace coverage by visiting the Health Insurance Marketplace website at Healthcare.gov or calling the Health Insurance Marketplace national call center at 1-800-318-2596 (open 24 hours a day, 7 days a week). People can also find in-person assistance by dialing 2-1-1 for a

reference to a nearby community or healthcare organization for help with an application.

For more information about topics related to family living, contact Sara Richie at 715-365-2750 or by email at sara.richie@ces.uwex.edu.

A GOOD QUESTION FOR SARA:

HOW CAN I MAXIMIZE MY RETURN?

To maximize your return, make sure to find out if you are eligible for the Earned Income Tax Credit (ETIC) or the Homestead Credit (State of Wisconsin return only). Certain income eligibility applies.

Need Assistance?

Call 1-800-829-1040 for VITA site locations near you or call 2-1-1 for local free tax sites.

UW-Extension Oneida County Services

What services does UW-Extension offer you?

***Private Pesticide Applicator**
\$30 for general farming, fruit crops, greenhouse or nursery training manuals. \$10 for aerial application, agricultural fumigation or chemigation manuals. Exam is free, but must be scheduled.

***Water testing**
Water test kit is \$3. "Homeowners package" test: \$46. "Metals package:" \$39. Test must be taken on Monday or Tuesday and sent in as soon as possible. Results are

mailed in 10 days.

***Soil testing**
\$15 per lawn and garden or wildlife food plot sample; \$8 per farm or field sample. \$5.95 for shipping. Results are available in 10-14 days.

***Master Gardener Resources**
We can connect you to local Master Gardeners. Visit <http://oneida.uwex.edu>.

***Plat Books**
\$35 each. \$5.95 for shipping.

*Educational resources

Online Learning Store: Visit <http://learningstore.uwex.edu>.

*Answers to your questions

Call us at 715-365-2750.

WHERE IS THE ONEIDA COUNTY EXTENSION OFFICE?

Oneida County's UW-Extension Office is located in the lower level of the Rhinelander/Oneida County Airport. Visitors may park on the west side of the building and enter the side door.

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