

### Community & Economic Development

#### UW-Extension's County Government & YOU! yields positive results

By **Tim Brown**  
Community & Economic  
Development Agent



On the evening of Nov. 12 the County Board meeting room was packed full of Oneida County residents as the Board held it's annual budget meeting. Some people in the audience were there to share their opinion on a specific issue, others were there just to listen, and some attended to learn a little bit about how their local government operates.

UW-Extension supported this learning by hosting a session immediately prior to the budget meeting entitled

"County Government and YOU!" which was attended by 30 individuals. Extension educators spent more than an hour discussing how Oneida County government is structured and how the annual budget is set. Participants also took part in a short simulation of a County Board meeting.

An assessment was conducted to measure how much participants learned from the program and the results were positive. Nearly all participants reported a significantly improved understanding of how County Government works, and how they as citizens are empowered to participate. Many participants stuck around after the session to take part in the

County Board meeting. Some of them even stood up at the podium to express opinions on some of the issues up for discussion. We at Extension were thrilled to play a role in introducing citizens to their government and we hope to do more in the future. Lynn Feldman is already working to implement this curriculum in local high schools. We will also look for any future opportunities to use educational tools to help the public better understand their government at all levels. If you have any ideas, please let us know!

**Contact Tim Brown at**  
[tim.brown@ces.uwex.edu](mailto:tim.brown@ces.uwex.edu) or call  
715-365-2750.

#### Get to Know Your UW-Extension Staff

**Name:** Sara Richie

**Official title:**  
Family Living Educator

**My background is:**

I grew up in Stevens Point, WI, and have a Bachelor of Science degree in Family Living Education from UW-Stevens Point and a Master of Science degree from UW-La Crosse in Community Health Education. Most recently, I was a Health Educator with Richland County Public Health Department working on a Transform Wisconsin Active Communities Impact Grant. I worked closely with partners in the community to increase physical activity in the schools using Active Schools Core 4+ Strategies and in the community by updating and creating new Recreational Use Agreements, an agreement that allows com-



munity members to use a facility for recreational use during vacant hours. I was also the co-chair of the healthy living coalition in the county, Richland FIT. My position within the Health Department and the coalition helped me to gain valuable experience in coalition building, networking and relationship building within a rural community, program development and implementation, as well as strong leadership skills.

**What I can do for you:** My position with UW-Extension will allow me to use my professional experiences and skills to build relationships with community members, government officials, local organizations and coalitions, as well as develop partnerships within the community to develop valuable programs that will serve the families here in Oneida County. I am looking forward to getting out into the community and meeting

people. UW-Extension provides many great resources and evidence-based programming to the community and I am very happy to be a part of the team here in Oneida County.

**More about me:** I enjoy being active, indoors and out. I have lived in many places throughout the state of Wisconsin, so I do a lot of traveling around in my free time. I enjoy spending time with my family and friends, kayaking, camping or trying out a new recipe. I am passionate about my own health, as well as building healthy opportunities within the community. I am excited to be in the Northwoods and looking forward to all that it has to offer.

**For questions regarding family living in Oneida County, please contact Sara Richie at** [sara.richie@ces.uwex.edu](mailto:sara.richie@ces.uwex.edu) or call 715-365-2750.



## Youth Development: Bullying Prevention



### Extension helps to increase diversity awareness in schools

By Lynn Feldman  
4-H Youth  
Development Agent



As part of my work, I am one of the advisors for Diversity Club at Rhinelander High School.

This club is in its second year of full operation and was formed as the result of a survey done that indicated that bullying was perceived as a problem by RHS students. School counselor Sue Hampton started the club with three members. It is now 18 members strong. The club meets before school with outside time used to work on projects and presentations. Funding last year was provided through a Department of Public Instruction mini grant. This year, a \$2,000 donation was given by the Retired Teachers' Association.

The goal of the club is climate change: in the school and in the community. The

mission is to create a community where there is acceptance of diversity, respect in relationships, an understanding of the consequences of harassment, bullying, or marginalizing, and a commitment to be allies for victims. The club over the past two years has hosted a variety of activities to achieve its goal. At the end of last year, a new survey showed a 25-50 percent decrease in bullying activity school-wide.

This past month, Diversity Club members took their leadership growth to a new level by teaching a breakout session at the Youth as Partners in Civic Leadership Conference in Wisconsin Dells. The yearly YPCL conference provides youth groups from around the state, who focus on civic issues; the chance to network, improve leadership skills, and get ideas for enhancing their community pro-

grams. My role involved connecting the youth to this opportunity, helping them develop their teaching session, and evaluating the experience. The six youth who went on the trip stated that they improved their communication, organizational, and networking skills, as well as gained resources for their program.

Over the next couple of months, I will be working with Diversity Club on the Be Safe anti-bullying curriculum which they will teach as they did last year to middle school students. As well, in the works, is a digital storytelling project. The education on how to create this project is coming from the state 4-H office. Hopefully, in the future, the Diversity Club model at RHS can be utilized at other schools.

**Contact Lynn Feldman by email at [lynn.feldman@ces.uwex.edu](mailto:lynn.feldman@ces.uwex.edu) or call 715-365-2750.**

## Wisconsin Nutrition Education Program

### How to keep your family healthy during the holidays

By Kimberly S. Brown  
Nutrition Program Coordinator  
Wisconsin Nutrition Education  
Program



No matter how your family observes the holidays, tasty treats are likely to be a part of the celebration. For parents and school nutrition staff who work hard all year to feed children healthy, nutritious meals, the holiday season can be a challenge. On one hand, food traditions and culture can provide wonderful experiences and memories for children. On the other, many of the treats brought into classrooms this time of year are sugar-laden and full of empty calories. Luckily, the school environment this season is different. There are new guidelines for foods called "smart snacks" that are sold in schools. The guidelines were developed by the USDA

and are based on recommendations from the Institute of Medicine and standards provided by schools nationally.

- The guidelines are designed to improve consumption of whole grains, fruits, vegetables, and low-fat dairy and to instill healthy habits. While they don't regulate treats that parents and families can bring into classrooms for celebrations, they do set some standards to help parents determine what a good snack would be for their child to bring to school. Based on the guidelines, here are some tips for parents:
- ⇒ Choose snacks that are whole-grain rich and that may include whole-wheat flour, oats, or popcorn.
  - ⇒ Fresh fruits and vegetables are

always a great option and dried fruits and canned fruits in their own juice are also healthy choices.

- ⇒ Water, low-fat milk, and 100% juice served in 8- to 12-ounce cups are the preferred selections for beverages.
- ⇒ Limiting added sugars and sodium is important.
- ⇒ Choose treats with 200 calories or less per serving that also incorporate whole grains and are low in added sugar.
- ⇒ Ask for kids' input on a healthy snack to bring to school. What do they think makes a healthy snack? Let them enjoy the holidays and together come up with some ideas for healthier treat options to bring to school.

**Contact Kim Brown by email at [kim.brown@ces.uwex.edu](mailto:kim.brown@ces.uwex.edu) or call 715-365-2750.**