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What's New in Extension?



Douglas County

January 2011 Edition

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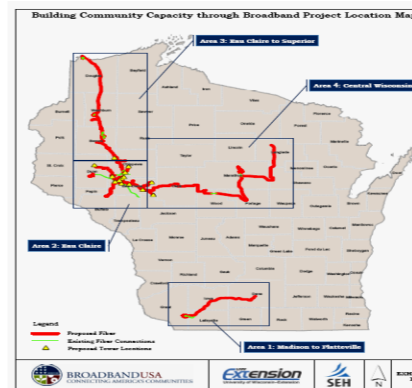
**We teach, learn,
lead and serve,
connecting
people with the
University of
Wisconsin and
engaging with
them in
transforming
lives and
communities**

COMMUNITY RESOURCE DEVELOPMENT

Fariba Pendleton

Building Community Capacity through Broadband (BCCB) Initiative

Fast, reliable Internet service is an essential infrastructure for community development. In 2010, the University of Wisconsin-Extension applied for and received two federal grants, to improve broadband access by installing fiber optic cable in four communities, Superior being one. Pendleton has been working with state and county key individuals related to this initiative. Most of the approximately 630 miles of cable will be installed underground in existing state and local road right of way. Environmental effects are expected to be minimal, as the fiber will be trenched underground on previously disturbed road right of way.



Pendleton's role will continue to be a role of education, seeing that the communities understand how to leverage the expanded technology today and into the future. Goals include:

- Educate local users about the importance of high-capacity Internet and how they can use it to improve their lives and their communities.
- Serve as a catalyst for the community to bring high-capacity Internet access at affordable rates to the key community institutions.

4-H YOUTH DEVELOPMENT

Sarah Wilcox

4-H Members Report Gaining Life Skills

Each fall 4-H members are encouraged to summarize their accomplishments via a report and interview process with the 4-H Board of Directors. Here are a few comments from 4-H members who did so in 2010:

"Leadership experiences through 4-H have had a major impact on my life. They have given me confidence, which makes me want to help my community, and 4-H provides many learning opportunities to acquire the skills to do it."

"Through my involvement in 4-H I have developed into a well-rounded person. 4-H has given me the courage to be myself, speak in front of other people, voice my opinion, share my ideas, and be creative. 4-H has made me a better citizen by encouraging me to care about my community and become involved. Thanks to 4-H I am not afraid to take on tasks and new experiences."

"Being a leader has given me opportunities to grow up. I have worked on team work, negotiations, being responsible, and showing respect for others around me."



"Learning new skills, how to communicate with others, how to be a leader, how to be a member of a team are things that I will need to use for the rest of my life and I have been learning these things all while having fun in 4-H."

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COMMUNITY YOUTH DEVELOPMENT

Joan Wimpe

The Superior Days Youth Delegation

Wimpe has been coordinating and leading the Superior Days Youth Delegation activities in preparation for the 2011 event. There are approximately 50 Youth Delegates who will be participating in Superior Days in February. Youth have been busy identifying issues, making decisions about the Youth Reception, and getting to know one another. Each sponsoring organization chooses how they want to select their delegates. A local 4-H'er submitted the following answer when asked "Why do you want to participate in Superior Days?"



"I want to participate in Superior Days because I was a delegate last year and it was one of the most rewarding experiences of my life. I felt like I could make a difference even though I am not old enough to vote. I felt like I mattered as an individual and as a representative. I felt like I have a voice in my government. I learned so much last year about my government and what democracy really is about. By being a delegate, I felt like I was serving my country by working with the government to make Northern Wisconsin a better place."

There are Youth Delegates from six northern counties and approximately 1/5th of the students have participated before. We look forward to another great experience.

FAMILY LIVING PROGRAM

Linda Bruce

Triclosan and Antibacterial Products

Home and Community Education (HCE) members in Douglas County are always looking for ways to broaden their knowledge in a wide variety of areas. For their annual meeting at the end of 2010, HCE requested information on antibacterial products found in everyday use.

Bruce presented information on the safety and effectiveness of using household products containing triclosan, which is commonly added to many consumer products including soap, toothpaste, kitchenware, toys, and cosmetics to prevent or reduce bacterial contamination.

HCE members learned that while some products containing triclosan may be beneficial, most are no more effective than plain soaps in preventing illness and removing bacteria. In fact, bacteria can develop resistance to this chemical, creating "super germs".



Triclosan has been prohibited or restricted in many countries worldwide.

All of the 20 HCE members present reported learning new information as a result of the presentation. All also reported now being able to identify which products contain triclosan, and approximately 95% reported planning on changing the products they have been using at home.

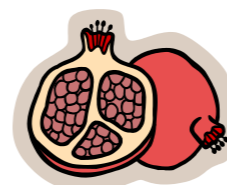
NUTRITION EDUCATION PROGRAM

Grace Gee and Toni Britton

Healthy Snacks and Food Safety

The nutrition education program was back in the classrooms for the start of the 2011 grant year. This article will highlight education completed in second grade classrooms.

In the second grade, students learned about the MyPyramid, healthy snacks and food safety. The second graders learned about nutrition using "I Spy" games, reading books and playing other interactive games. The students had a chance to taste different foods each week. This year a new fruit and vegetable tasting evaluation was used with the second graders. This evaluation is being piloted by the state for use in all counties.



One week the students tried pomegranate after learning about the fruit group. One hundred percent (100%) of the students (210) tried the pomegranate. Seventy-eight percent (164) of the students tried it for the first time. When asked if they would eat it again, 85% (178) of students indicated they would. Seventy-three percent (154) of students indicated they would ask to have the fruit at home. On follow-up the next week, twenty-two percent (46) of students reported that their family ate pomegranate at home that week. One student told the story, "I made my mom go to the grocery store right after school and buy some pomegranate. She never had them before, but liked them very much."



HORTICULTURE and AGRICULTURE

Jane Anklam

Active Sessions and Classes

The New Year begins with gardening on our minds. The Advanced Master Gardener class alumni are preparing press releases, displays, and a local arboriculture walking tour to advance community "green" knowledge in advance of spring. The General Master Garden Class begins this month and runs until April. With the focus on "growing a garden for food," all our horticulture initiatives this year will reflect on growing vegetables, fruits, and community gardens as a source of local, fresh nourishment.



How can we advance locally grown food availability in Douglas County? A group of growers, consumers, town officials, agency staff and business people have been meeting in Solon Springs to address this question. Anklam is facilitating the team to help acknowledge the needs of the growers, consumers, and the market. In the works is a directory of locally grown food producers for Douglas County. Steps are being taken to develop a community garden in the Gordon-Wascott area. Please join us at our next meeting.

After collecting the needs inventories from our Douglas County Farmers, Anklam is pleased to present a "Growing Hay for Profit" Series that will meet many of the indicated farmer needs. Each of the four sessions will focus on hay management specific to northern farmers. Many of our excellent specialists at UW-Madison and UW-River Falls will be interacting with our excellent Douglas County growers throughout these sessions.