

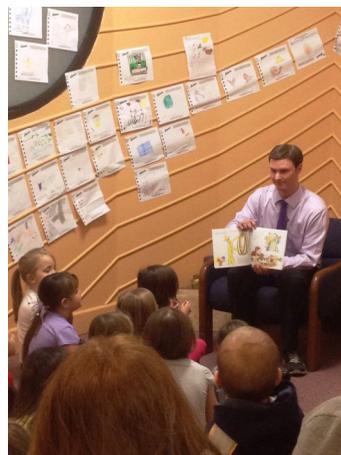
Family & Community Support Sue DeNio

Money Smart Week & Financial Literacy Month

Kid's Cash: Three educators combined to provide 3 classroom experiences for each of six third grade classes at Lake Superior Elementary and Great Lakes Elementary. Wimme, DeNio, and Bruce introduced the students to financial education including the importance of saving, considering "opportunity costs" or trade-offs when purchasing, and considering wants versus needs.

Children and Money: As a prelude to the Big Read, DeNio provided workshops for parents on teaching children about money. DeNio developed tips for using the Big Read book selections with their children.

Money Smart Week Big Read: It was a packed house at the Superior Public Library Story Time on April 8th, as 24 children and 18 adults gathered to hear Adam Lorch of KBJR and Sue DeNio read the Big Read selections. Each family received a free copy of *Curious George Saves His Pennies*, and *Bunny Money*.



**UW
Extension**
University of Wisconsin-Extension

Douglas County

May 2014

Douglas County
Extension Education
& Recycling
Committee:

Sue Hendrickson
Kay Johnson
Charlie Glazman
Patty Cosgrove
Chip Beal

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

Family and Community Development

Linda Bruce, Educator

Email: linda.bruce@ces.uwex.edu

4-H Youth Development

Joan Wimme, Educator

Email: joan.wimme@ces.uwex.edu

Agriculture & Horticulture

Jane Anklam, Educator

Email: jane.anklam@ces.uwex.edu

Family & Community Support

Sue DeNio, Educator

Email: susan.denio@ces.uwex.edu

Administrative Staff

Cheryl Shockley, Program Assistant

Email: cheryl.shockley@ces.uwex.edu

Jeannie 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

Douglas County UW-Extension Office
1313 Belknap Street, Courthouse Room 107
Superior, WI 54880-2781

Telephone: (715) 395-1363 711 for WI Relay
Website: <http://douglas.uwex.edu>

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.

Horticulture & Agriculture Jane Anklam

Horticulture: So now we know that cold winters do not keep the sun from shining and the buds from breaking. We also learned there is much winter injury in our horticultural shrubs and trees. We are fielding questions about such damage as homeowners and business make amends to bring their landscaping back to health. Remember appealing healthy vegetation attracts investment, slows traffic, provides cooling and warmth and brings peace of mind.

UW-Extension is a resource to protect this living quality of life for Douglas County.

Local Foods: On May 2nd, UW-Extension State Specialist Joe Van Rossum was in town to offer his Master Composter Workshop. We also arranged for a round table discussion with local restaurant owners and WLSSD to talk about the composting and handling of food waste from their businesses. It is valuable for the economy and the environment to think sustainably about waste management.

Agriculture: I am taking a course in the functional development and success of Agriculture Extension in our rural landscape. So much has changed since the Land Grant College idea of extending agriculture research to the farmer out in the field was developed. We find ourselves at a cross roads of maintaining our University claim to excellent knowledge and research while allowing for locally developed ideas and needs to challenge what we take for truth. As the field season approaches, I will ask for and expect more from our farmers in extending agricultural education. Stay tuned.

4-H YOUTH DEVELOPMENT

Joan Wimme

Wisconsin State 4-H Centennial 1914-2014

As you may already know, Wisconsin 4-H is celebrating its Centennial this year. On March 19th, nearly 900 4-H members, volunteers and supporters arrived in Madison for 4-H Day at the Capitol. The event included a celebration and training in the morning, a 4-H rally in the Capitol at Noon and visits to all legislators in the afternoon. It was literally a sea of green at the Capitol that day! Our Douglas County delegation consisted of: 4-H members: Sarah Wahlquist, Callie Lier, Nicole Greely and Hannah Lier; 4-H leaders: Katie Stenroos, Deanna Wahlquist, Patty Lier and Nola Stenroos. The picture below shows 4-H delegations from Douglas, Price, Iron, Barron, Sawyer and Rusk counties meeting with Senator Bob Jauch.



At the April County Board Meeting, a proclamation was presented to Douglas County 4-H by Doug Finn and Kay Johnson. Thirteen 4-H members, leaders and parents were in attendance. More local events are being planned for the upcoming year.

WI Nutrition Education Program

Tarah Nichols

Highlights of 3rd and 4th grade

Forth graders at Cooper, Northern Lights, Bryant and Lake Superior Schools just finished up with nutrition education in the classrooms. Nichols visited each classroom 5 times with a different topic being taught each time. Lessons revolved around MyPlate, physical activity, the importance of eating more fruits and vegetables and label reading. Forth grade is when Nichols begins to teach the students how to read food labels. Students used real food labels brought in and applied the 5/20 Rule in deciding if foods were “anytime” or “sometimes” foods. (When looking at a food label, 5% or lower=low in that nutrient and 20% or higher=high in that nutrient).

Food samples were also brought for tasting: red cabbage, rutabaga, spinach, zucchini, and mango. Mango was by far the favorite.

Nutrition in third grade at the same schools are currently in session. Students have been busy learning about the five food groups and how eating each group helps nourish their bodies. They have been having fun learning about the digestive system and how nutrients enter our blood to “feed us”. They also have been learning about how some germs and bacteria make us sick and how to Fight Bac. (short for Bacteria).

Nichols also had the opportunity in April to teach one of the lessons at a visit to the 3rd grade classes out at Northwestern Elementary.

Students there also enjoyed learning and tasting mango and papaya.

WI Nutrition Education Program

Julie Montgomery

Senior Highlights

Baked veggie sticks, low sodium pita crackers, tortilla chips, veggies and low fat bean dip were some of the healthy snacks seniors taste tested at a recent visit to Senior Connections. Viewing a power point on healthy snacks, seniors were reminded that a glass of fat free milk, a piece of fruit, string cheese, a hard boiled egg, and lean low-sodium meat wrapped around a wedge of fruit or vegetable are a healthy and easy way to prepare snack foods. Seniors practiced the 5/20 rule as it applies to reading food labels.

We discussed how the enlarged calorie and serving size amounts on the newly revised nutrition label will assist consumers in making wise choices. We shared ways to lower sodium (salt) intake from 2,300 mg for the general population to 1,500 mg for persons 55 years and older and discussed how Americans get enough sodium without adding it to their foods.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per 2/3 cup	
Calories 230	
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans Fat</i> 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Visit USDA's Food Tracker @ <https://www.supertracker.usda.gov/foodtracker.aspx> to learn how you can improve your eating.

Family and Community Development

Linda Bruce

Northwestern Middle School Reality Store 2014

In April, 110 eighth graders from Northwestern Middle School in Maple participated in the third annual Reality Store event held at the school. The Reality Store is a hands-on activity designed to help shed light on the financial realities of life after high school graduation. Students were randomly assigned occupations and salaries, marital status, and number of children in their household. After receiving their salaries and deducting taxes and social security, students visited over 20 booths staffed by community volunteers where they received deductions for monthly expenses such as housing, utilities, childcare, transportation, clothing, food, health insurance, and luck-of-the-draw “fate” cards.

At the end of their Reality Store circuits, students were directed to a table staffed by Linda Bruce and Joan Wimme (4-H Youth Development) for assistance in budgeting to help find ways to make ends meet or wisely put aside any unspent funds. Additional classroom time was spent following the event for students to debrief.

For many students this was the first time they had to think about how much it will cost them to move away from their parents and live on their own. Comments included “I’m never having kids. They’re too expensive.”, “I don’t have any money left in my budget for a car. How am I supposed to get to work?”, and “I need a better paying job! I’m going to have to study more.”