

## University of WI-Extension

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**March 2009 Edition**

**Extension Education & Recycling  
Committee – Douglas County**

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## COMMUNITY RESOURCE DEVELOPMENT

*Fariba Pendleton*

The 24<sup>th</sup> Superior Days (February 24-25, 2009) was a success. About 210 diverse citizens from northern counties traveled to Madison during this Wisconsin state legislative session. Legislative issues included: the UW-Superior Academic Building, Tax implications for the Superior Refinery, Illegalizing the Transportation of Prohibited Aquatic Invasive Species, Regional Transit Authority Enabling Legislation, and Partnership Opportunities with the State Government in Meeting the Basic Economic Needs of Citizens.

The delegation addressed key concerns/issues with many of the State agencies, including but not limited to: Dept of Administration, Commerce, Natural Resources, Corrections, Transportation, Veterans Affairs, Workforce Development, Office of Energy, Health, Children & Family Services, Agriculture, and Tourism. Keynote speakers included, Lt. Governor Barbara Lawton, UW System President Kevin Reilly, Majority Leader Tom Nelson, and Governor's Legislative Director Dan Kanninen.

The Superior Days reception was well attended and provided an informal opportunity for the Superior Days delegation to visit with the legislators and key state stakeholders. Benefits of Superior Days include building capacity in our communities and facilitating the work of consensus building and shared leadership so citizens can more effectively influence public policy. As Senator Jauch stated, Superior Days puts "We the People" on the front lines of activism.

### Tribute to Frank Boyle



Frank Boyle represented the 73<sup>rd</sup> Assembly as a full time legislator from 1987 to January of 2009. He played an instrumental role in the creation of Superior Days and the continuation of this world class grass root lobbying effort. The citizens of Northwestern Wisconsin express their genuine gratitude to Frank for his dedication and passionate drive to help find solutions to important issues impacting communities through Superior Days. Thank you Frank!



*The Superior Days 2009 Delegation*

## 4-H YOUTH DEVELOPMENT *Sarah Wilcox*

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### Northern District 4-H Winter Camp

Approximately 50 teens representing 4-H clubs from across Northern Wisconsin came together in January for an action-packed weekend of leadership, teamwork, learning, and fun! Credit union employees volunteered their time to run “Mad City Money,” a hands-on simulation of real life finances and budgeting. 4-H members learned how to balance a checkbook, save money, buy a car, avoid scams, and manage multiple financial obligations. During an ice rescue simulation, 4-H’ers learned proper rescue techniques and worked cooperatively to pull a man out of the ice. Campers built an enormous quinzee (snow shelter) and several brave girls spent the night in it! Wilcox facilitated a personality assessment for everyone to discover whether they were predominantly “left-brained” or “right-brained.” Teams then had to use their talents to market a new flavor of popcorn by creating a recipe from 18 possible flavors. An engineering project required that 4-H’ers build a sled using only cardboard, plastic, and duct tape.

You can imagine the creative designs they came up with—massive sleds, aerodynamic sleds, even a heart-shaped sled and a mouse sled with ears and a tail!



## NUTRITION EDUCATION & 4-H YOUTH DEV. *Grace Gee & Sarah Wilcox*

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### 4-H Afterschool Program Teaches Nutrition & Fitness

Douglas County UW-Extension’s nutrition and 4-H programs recently teamed up to bring a fitness and nutrition program to several after-school sites. Students played games that taught them the importance of physical activity, what counts as physical activity, and how much physical activity we need most days (60 minutes for children and 30-45 minutes for adults). They also experimented with pedometers and made a Snack Mix. The Snack Mix, a combination of cereals, nuts, and raisins, is easy for kids to make and is a great alternative to chips and snack crackers that are high in fat and salt.



Students enjoyed drinking water during the program and learned it was a healthy alternative to juice and sports drinks.

## COMMUNITY YOUTH DEVELOPMENT *Joan Wimpe*

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Forty-six youth participated in Superior Days as Youth Representatives. This educational program for high school age youth teaches youth about state and local governance practices, becoming aware of local issues, and understanding the citizen lobbying process. Youth from seven counties in Northwest Wisconsin participated in the program.

A sampling of evaluation data indicate that 93% of students better understood how government works, while 87% indicated they had a “good” or “excellent” understanding of the lobbying process. Also, 91% of students indicated their overall Superior Days experience as “good” or “excellent.” The youth mentoring session, where youth practice their lobbying messages, continues to be one of the most positive experiences for youth. Youth identified environmental issues as their top five concerns and participated in agency meetings with the Office of Energy Independence and the Wisconsin League of Conservation Voters.

Kevin Reilly, President of the University of Wisconsin, provided the keynote address at the Youth Reception. Other speakers included Representative Nick Milroy, Senator Bob Jauch, and a representative from Senator Kohl’s office. UW-Extension and UW Colleges Chancellor David Wilson was also in attendance. Youth Delegates and adult chaperones also discussed various options to improve their Superior Days experience. These changes are intended to insure an even higher quality experience for all.

## FAMILY LIVING PROGRAM *Linda Bruce*

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### Douglas County Criminal Justice Team Antisocial Behavior Seminar

In March the Criminal Justice Team sponsored an Antisocial Behavior Seminar held at WITC made possible in part by a grant from the State of Wisconsin Department of Justice. As co-chair of the team, Bruce helped plan, coordinate, and evaluate the seminar.

Approximately 110 participants learned more about the development of antisocial behavior, how the brain functions in this development, and treatments that work or don’t work with antisocial behaviors. Childhood oppositional defiance, adolescent conduct disorder, and adult antisocial and psychopathic personality progressions were included in the discussions. Those attending learned from Dr. David Swenson, a Forensic Psychologist, how critical early intervention and prevention are, especially when working with youth, and the importance of working with the entire family whenever possible.

Using written evaluations, the most common findings learned included “the need for effective intervention in early childhood”, “how an adolescent’s brain differs from an adult’s”, and that “empathy training in these situations can hinder, not help, and that more corrective thinking training is needed”.

An educational forum is being planned by Bruce to further discuss research-based best practices and effective programs for juvenile delinquency prevention.