

# Community, Natural Resource and Economic Development (CNRED) Update



Dale W. Mohr, Agent

## Life Without UW-Extension Cooperative Extension?

The following article was published within the August 2009 Wisconsin Counties Association Magazine. The Fond du Lac County Executive has made his point that sometimes looking long range is better than shooting for short term goals. Many communities within Oconto County have recently been struggling with identifying and creating ways in keeping people within their borders. Struggles over what drives people to live in an area is a common thread in all discussions with Dale Mohr, the local Community Development Agent (CNRED) with Oconto County UW-Extension Cooperative Extension. Do people live within a community for low taxes alone? Of course not, otherwise Alabama and Mississippi would be the population centers of this country. People think about and value their personal safety; having playgrounds; parks and open spaces; youth programs; libraries; education centers; community centers and senior meal sites; strong shopping areas and business districts; pedestrian walkways; as well as places to go and eat. Each day people are thinking about where they will like to spend their money, go visit, live and retire. Recent studies in Wisconsin and Michigan show that the youth of today can't wait to leave their small communities. Not surprising to many, it is not because of taxes, but the lack of quality resources within the community and things to do. A community's appearance and the public amenities it offers are very high on

people's lists on what will attract and keep them within a community. The state of Utah has the fastest growing population in the nation. A recent published article (March 2009) states: "We have the highest fertility rate in the nation, and a lot of women in their child-bearing years," explained Utah state demographer Juliette Tennert. "It speaks to the fact that we have a culture here that places an important emphasis on families and children."

These social amenities can be summed up as creating "quality of life". One of the strongest organizations dedicated to quality of life issues is the Oconto County UW-Extension Cooperative Extension office. Oconto County has a very long history in collaborating with UW-Extension providing families, youth and seniors, farmers and dairies, businesses and organizations the needed educational resources to grow and thrive. Oconto County pays 40% of the agreement between the State and County to have four educators within the county. The State pays the other 60%. In addition, the money is further leveraged to bring in Federal dollars to the county which is used to provide much needed assistance to families and their children. If you or anyone else has any questions on the services provided by UW-Extension Cooperative Extension please give us a call at 920-834-6846 or visit our web pages at [www.uwex.edu/ces/cty/oconto](http://www.uwex.edu/ces/cty/oconto).

### **UW** **Extension** Cooperative Extension

Article by -Allen J. Buechel, Fond du Lac County Executive

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COUNTY budget decision-making has always faced challenges. As we all know, the 2010 budget presents much greater challenges to counties. The question is, "what will we do about it?" Will we cut "non-mandated" programs/services? That will achieve short-term savings, but will we be risking long-term impacts on quality of life? Now more than ever, non-mandated programs like UW-Extension Cooperative Extension (UWEX) are a resource to call upon. Financial education for struggling families, nutrition information for low income families, parent education for families in transition, energy and water quality education, business counseling support for small business owners, unbiased information for local farmers and life skill development for youth are some of the quality of life responses that UWEX provides day in and day out. Periodically, when I hear my colleagues say they do not see "value" in their Cooperative Extension office, I question whether they fully understand the programs they currently are getting or could be getting from Extension. I am a strong supporter of UW-Extension and in my opinion, if you do not believe that the people of your county are getting enough value from UW-Extension, you need to

"challenge" them more. It should be a cost-effective resource at your fingertips. For instance, over 1,100 Fond du Lac County youth are enrolled in the UWEX 4-H Youth Development educational programs in 4-H clubs and after school programs. This educational program teaches life skills and leadership that will serve them through-out their adult lives. In addition, our 4-H programs keep youth occupied, very likely resulting in cost savings in juvenile services. I believe you can make an investment in youth now when positive impacts are greatest and costs are reasonable, or you can pay more in the future.

Farmers, directly and indirectly, are also impacted by Cooperative Extension. Our agents are always available, connected to the University, and provide objective information that comes without the sale of a product or service. These educators save farmers money and help them increase income while maintaining our valuable farmland resource. This in turn results in a stronger economy, increased tax base, and continued agricultural employment. In Fond du Lac County, agriculture accounts for 1.18 billion in economic activity annually.

I find our Cooperative Extension Community, Natural Resources and Economic Development (CNRED) and

Family Living Program (FLP) education to be invaluable, if not indispensable. Having healthy families, results in having healthy communities. Healthy communities attract business and industry and strengthen our economic base. They work hand-in-hand. Extension educators provide cost-saving and beneficial resources in partnership with county departments, local government, non-profits agencies and communities. We can save dollars by not hiring outside consultants. In Fond du Lac County, these educators provide educational programming related to strategic planning, team development, conflict management and more. In addition, our investment in Cooperative Extension enables us to have a federally-funded Nutrition Education Program, improving the nutrition and lives of more than 2000 low-income Fond du Lac County residents annually. I believe that Cooperative Extension plays an invaluable systemic role in the well-being of all counties. It is very easy to take for granted a program whose work is so integral a part of local communities. Sometimes citizens don't even realize how they have been touched by Extension. Extension educators serve the entire county; those in the city and those on the farm. They work in townships and small communities, with school districts and non-profits agencies, with the young and not so young and with

the culturally diverse. As I look at our 2010 budget, I, like others, evaluate county departments from the perspective of getting the best return possible on investment for county residents. Turns out that Cooperative Extension may be among my best bargains in terms of a strong return on taxpayer funds. The value Cooperative Extension brings to our county is minimally a multiple of 3 to 5 times the investment that we make. This value added comes from the fact that we are getting university educators at 40 cents on the dollar.

As we face 2010 budget challenges, we must look carefully at the return on our investment with Cooperative Extension - it is greater than many realize. The Cooperative Extension Service is a resource that adds value to a county. In this budget go around, will there be life in Fond du Lac County without Cooperative Extension? I don't think so. In Fond du Lac County, Cooperative Extension is an integral part of our county team. Together, we respond to and help find solutions and resources to address important issues that are a high priority to county government and the county in general. If we put this resource on the budget chopping block, then the words of Joni Mitchell's *Big Yellow Taxi* might become our theme song, "you don't know what you've got till it's gone".



# Focus on Family Living

Donna Doll-Yogerst, Agent

## Lack of Sleep Affects College Students' Performance: Grades, Athletics Suffer From Too Many 'All-Nighters'

Pulling an all-nighter--staying up all night studying for exams or doing school work--is considered a rite of passage for many college students. But new research shows that relying on all-nighters too often can adversely affect students' grades and overall health.

Getting less than six hours of sleep per night can lead to deficits in attention, concentration, memory and critical thinking, along with increased depression, irritability and anxiety.

"A student might feel sick, fatigued, anxious or unable to concentrate, but they will rarely complain about lack of sleep as the reason," says Dianne Weber, University of Wisconsin-Extension family living educator in Washburn County. That's because, for many students, late nights are an accepted part of college culture. On campus, it's not uncommon for school-related events, such as meetings, to begin at 10 p.m. or later.

"Biological sleep patterns shift toward later times for both sleeping and waking during adolescence," says Weber. "But noisy dorms, the stress of classes and lots of extracurricular activities are making sleep deprivation a real concern on college campuses."

Academics aren't the only area affected by students' lack of sleep. A recent Stanford University study showed that college basketball players ran faster and made more shots after they had slept at least ten hours the night before. Researchers concluded that athletes who want to improve their performance should focus on getting enough sleep, in addition to eating well and exercising.

So how much sleep do college students need to stay healthy? "Current research shows that the brain is still developing into the early 20s and that teens should get 9¼ hours of sleep each night. This is the time when the brain processes what you've learned during the day and when it refreshes itself for the next day's learning and activities," explains Weber.

She offers tips that can help college students--and adults--get a good night's sleep.

- ✗ Avoid caffeine, nicotine and alcohol in the late afternoon and evening. Alcohol can prevent you from sleeping well; you'll wake up groggy and find it difficult to concentrate.
- ✗ Stay away from exercise close to bedtime. Give yourself at least three hours between a workout and bed.

- ✗ Establish a nighttime ritual.

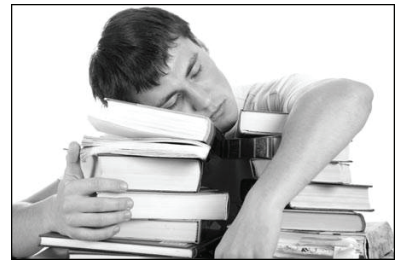
Give your brain the signal to sleep. Leave time to relax and unwind with the lights turned low.

- ✗ Sit back from the TV and computer screens because their light can confuse the body's day-night rhythms.

- ✗ If you can't fall asleep after 30 minutes, don't toss and turn worrying about it. Instead, get up and do something relaxing, such as listening to music or reading. When you start to feel tired, go back to bed.

- ✗ A new UW-Extension curriculum, including a DVD titled "Are You Ready? The College Transition," is available from the UW-Extension Learning Store at <http://learningstore.uwex.edu/Are-You-Ready-The-College-Transition-P1277C255.aspx>

- ✗ The program, including PowerPoint presentations, learning materials and a DVD, is designed for educators. Parents and students may also find it helpful.



## Infant/Toddler Massage Classes

Learn techniques which help parents and babies (1-24 months) establish closer bonds.

Infant massage helps early brain development, early bonding, attachment between you and your baby, relieves colic symptoms and other signs of infant stress. Child development research indicates that infant massage taught to parents and adult caregivers by a certified instructor, has positive outcomes that can last your child's entire life.

There is no registration fee for this 2 week class. Call us today to register at (920) 834-6846.

**When: Tuesdays—September 29 and October 6**

**Where: to be determined**

**Time: 6:30 p.m.—8:00 p.m.**

Instructors: Julie Raasch, UW-Extension & Mary Rosner, Oconto County Public Health  
Classes provided by Oconto County UW-Extension Parenting Resource Centers.

**FREE BAYSITTING PROVIDED FOR SIBLINGS.**



## How to Take Care of YOU While Caring for Another Oconto Falls Site Registration Deadline: September 24, 2009

The highly acclaimed, well attended 'Powerful Tools for Caregivers' program is coming to your community. Register early to avoid the waiting list.

Rosalyn Carter once said: "There are only four kinds of people in the world: those who have been caregivers; those who are currently caregivers; those who will be caregivers; those who will need caregivers."

*Taking Care of You: Powerful Tools for Caregivers*, a program for family caregivers, is sponsored by Community Memorial Hospital in Oconto Falls. Oconto County UW-Extension Cooperative Extension, partnered with Oconto County Commission on Aging and Oconto County Dementia Care Network to bring this program to Oconto County. In this program you will learn 25 tools to help you be the best caregiver you can be. Tools to reduce stress, new communication tools, relaxation methods, etc.

This six-week program will be offered

Thursdays from 1:00-3:30 pm, October 1, 8, 15, 29, November 5, 12 at the sponsor's facility - Community Memorial Hospital, 855 S Main Street, Oconto Falls WI 54154. The cost for the programs is \$10.00 per participant, which includes a 232 page caregiver helpbook. We will refund \$5.00 if you attend 5 of the 6 sessions, or you may donate your refund to help future programs.

Program evaluations from participants rated the program as a 10 on a 10 point scale. Participant comments sum it up: "The content/materials are excellent, especially for me - communication (Aikido); Learning from emotions, breathing exercises, relaxation, facing reality of my situation with a positive emphasis; I am not afraid of the future; I know I can be a positive, peaceful caregiver and I've learned the necessity of reaching out and asking for help; I'll always use the caregiver helpbook; I am not 'stuffing' my feelings, getting out more, more satisfied with ME as a person

and caregiver". In addition the facilitators were told repeatedly how happy participants were to have attended.

Registration information can be found at Oconto Hospital & Clinics, Community Memorial Hospital, Libraries, Churches, all county health facilities and agencies, nutrition sites, financial institutions, UW-Extension, Oconto County Courthouse, and from past participants. Brochures can be printed from our website: <http://www.uwex.edu/ces/cty/oconto/flp/CurrentPrograms.html>

Register with Oconto County UW-Extension, (920) 834-6846 or [becky.dolata@co.oconto.wi.us](mailto:becky.dolata@co.oconto.wi.us). There is a limit of 15 participants for each of the program sessions, so be sure to register early. Registrations are due by *September 24*. Please make checks payable to UW-Extension.



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