

Oneida Extension Educators and Staff made 147 Direct Programming Contacts in the months of November and December; with 37 Adult Contacts and 110 Youth Contacts.

Health and Well-Being Educator, Laurel Parins, guest starred on Up North @ 4 (WJFW-12); which has a reach of 8,000-11,000 households per day and 148,000 website views per month.

Oneida Extension made indirect contact with 9,996 viewers through the Extension Oneida County Facebook and the Oneida County 4-H Facebook.

2025 Cumulative Total: 4,412

Contacts: 37 Adults and 110 Youth

2025 Cumulative Indirect Outreach: 75,524

November & December 2025

Positive Youth Development Oneida County 4-H

Anne Williams, 4-H Educator, .5 FTE

- ∞ Members of the Northwoods Explorers 4-H Club's American Sign Language Committee gathered to practice signing fall-themed words for an upcoming club meeting. This activity promoted inclusive communication and encouraged youth leadership, ensuring that all members feel welcome and connected.
- ∞ Organized a youth-led Northwoods Explorers 4-H Club gathering where members managed business, recreation, and educational activities. The event fostered strong peer and adult relationships in a safe, welcoming environment and provided opportunities for youth to practice decision-making and build on essential life skills.
- ∞ Student representatives and supervisor-mentors in the Oneida County Youth in Governance Program came together for midpoint check-ins to reflect on progress and share feedback. These sessions strengthened communication, collaboration, and leadership development, reinforcing the program's commitment to empowering youth voices in local decision-making.
- ∞ The Rhinelander LEGO Robotics Challenge Team brought together six youth in grades 4–8 for a series of team-based gatherings focused on science, technology, engineering, and math. Participants explored real-world issues, developed innovative solutions, and honed communication, problem-solving, and leadership skills. This effort fostered confidence, civic awareness, and personal growth, preparing youth to become engaged contributors to their communities.
- ∞ Adult volunteers in Three Lakes received hands-on guidance and resources to lead 4-H LEGO Robotics programs. Through team sessions and outreach support, volunteers gained tools and strategies to engage youth in safe, effective, and inspiring ways, ensuring high-quality STEM learning experiences across the county.
- ∞ Oneida County 4-H hosted a celebration for youth who participated in LEGO Robotics programs throughout 2025. Thirty members showcased their team models, connected with peers, and shared their creativity with the public. This event highlighted the core values of FIRST LEGO League—discovery, innovation, impact, inclusion, teamwork, and fun—while sparking interest in STEM in a welcoming, noncompetitive environment.

- ∞ Coordinated and supported the LEGO Robotics Challenge Team as they competed in a FIRST LEGO League regional event. Six youth in grades 4–8 gained hands-on experience in coding, engineering, and teamwork while connecting with industry professionals. This initiative strengthened STEM interest, built social-emotional skills, and prepared participants for future opportunities in science and technology.

Positive Youth Development

Sharon Krause, Community Youth Development Educator, .5 FTE

- ∞ An innovative idea was proposed to create a joint event focused on youth mental health and substance use prevention. By connecting coalitions from multiple counties, this effort seeks to expand engagement opportunities and provide a collaborative platform for addressing critical issues impacting youth. The proposed event emphasizes partnership, education, and proactive strategies to support healthier communities.
- ∞ Teen Court panelists have begun delivering presentations to justice-involved families during the intake process, providing clear explanations of how cases are handled within a restorative justice framework. This proactive effort builds understanding, encourages family engagement, and promotes informed decision-making. By helping families see the benefits of Teen Court, the initiative aims to increase participation in this alternative approach—reducing fines and juvenile records while fostering accountability and positive youth development.

A Teen Court educational project for a justice-involved youth was sanctioned by Teen Court panelists, where the youth researched and created a school poster about anxiety. Through this activity, the participant reported significant personal learning despite receiving prior help, and the poster is educating other students as it is being displayed in the school's hallway. The youth reported that he "learned more than I thought I knew", and was surprised to learn there are various kinds of anxiety.

Health and Well Being

Laurel Parins, Health & Wellbeing Educator, .73 FTE

- ∞ Presented the benefits of protein for the Up North at 4 segments of WJFW-12; where Parins shared information with the general public on the benefits of protein and its importance in maintaining muscle, strength, and overall wellness. The presentation included practical tips on how much protein individuals need based on body weight, how to choose high-quality sources, and simple ways to include protein at each meal. This educational outreach opportunity provided community members with evidence-based, easy-to-apply strategies that support healthy aging, strength maintenance, and daily energy. The goal was to provide accessible, research-based nutrition education that empowers individuals to make lasting, health-promoting choices. This program was recorded as part of the "Be Well" series for News Channel 12.
- ∞ Planning for youth mental health and wellness initiatives for middle and high school students in Oneida County in collaboration with local schools, community organizations, and health partners. The goal is to raise awareness, reduce stigma, and build coping and connection skills among youth, so that our

community fosters a culture of openness, resilience, and support where young people feel seen, heard, and valued.

- ∞ Contributed monthly wellness articles for the ADRC newsletter, a resource for older adults featuring nutrition guidance and healthy living strategies. Each article provides actionable tips to promote balanced eating, active lifestyles, and habits that foster longevity and overall well-being.

Total Reach: 1400 Readers of the ADRC Newsletter; 11,000 households per day and 148,000 website views per month for Up North @ 4 (WJFW-12).