



For the second year in a row Jackie Carattini, Human Development and Relationships Educator, along with staff from the Hmong American Center in Wisconsin Rapids spent the day at Lincoln High School during their Cool 2 Be Kind Mental Health Week.

Over 60 students stopped by to spin the wheel to identify healthy ways to cope with stress and anxiety. Students also created their own poster of healthy coping strategies that like to practice during difficult or stressful times.

Carattini, along with FoodWise educator Hannah Wendels, was also able to talk about health coping strategies earlier in the school year at River Cities High School. Students were able to identify healthy ways to cope with stress.

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## **Sowing Success! Evidence-Based Gardening Essentials**

**by Janell Wehr, Horticulture Educator**

*Registration is now open!*

Learn about growing plants in a way that helps you plan for gardening success, prevent plant problems before they start, and manage issues when they happen. You'll leave the course with a combination of practical gardening skills to try plus the knowledge of why they work. You will link gardening practices and biology to prevent plant problems, explain how to select, grow, and maintain the health of different kinds of plants. You'll also identify strategies to manage plant problems and explain what Integrated Pest Management is and how it benefits you AND the environment.

In this 12 week course, you will work through the assigned readings and video lectures hosted on Youtube prior to the weekly sessions. At the in person meetings, you'll have an opportunity to work through hands-on activities designed to reinforce the concepts introduced in the course materials. You'll learn about soils, botany, general gardening practices, insects and diseases, weeds and wildlife, herbaceous ornamentals, fruits, vegetables and lawns.

Sowing success will be held at the McMillan Memorial Library starting September 12. The cost is only \$125 and open to everyone. This course is considered an approved learning opportunity for the Wisconsin Extension Master Gardener Program in preparation to become a Wisconsin Extension Master Gardener. Visit the Wisconsin Master Gardener Website for more information.

Ready to learn more? Visit <https://wood.extension.wisc.edu/horticulture/wood-county-master-gardeners/local-wood-county-master-gardener-training/>

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# Upcoming Extension Programs

- **4-H Summer Foodie Pop-Up** | Chestnut Center for the Arts | July 11, 10-11:30am
- **4-H Foodie Thursdays** | Extension Wood County | July 6, 13, 20, 27 - 9-11am
- **Extension @ FOCUS: Horticulture** | Tuesday, July 11th - 3-4pm
- **Extension @ FOCUS: Nutrition** | Tuesday, July 18th - 3-4pm
- **Extension @ FOCUS: Financial** | Tuesday, July 25th - 3-4pm
- **Rent Smart** | McMillan Library | Frida August 4 - 9:30am-12:30pm
- **Rent Smart** | Everett Roehl Library | Friday, August 11 - 9:30am-12:30pm
- **Wood County Clean Sweep** | Saratoga Town Hall | September 9 - 8am-12pm

wood.extension.wisc.edu - 715-421-8440

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