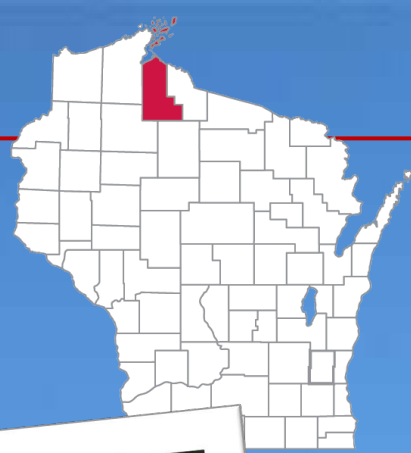




Extension

UNIVERSITY OF WISCONSIN-MADISON  
ASHLAND COUNTY



ANNUAL  
REPORT  
2020





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# Extension

## 2020 Ashland County Agriculture & Extension Education Committee

Charles Ortman, Chair  
Philomena Kebec  
Patrick Kinney  
George Mika  
Kathy Schutte

## 2020 Extension Staff

Doug Liphart, 4-H Youth Development Educator

Lissa Radke, Community Development Educator

Heidi Ungrodt, Human Development & Relationships Educator

Joy Schelble, FRTEP Youth Development Educator

Stephanie Bakker, FoodWise Coordinator

Sarah Tarkington, FoodWise Educator

Sarah DeGraff, Agriculture Educator

Jason Fischbach, Agriculture Educator

Brenda Brouder, Office Assistant

Amy Tromberg, Office Manager (January – July)

Melissa Kummerow, Literacy Link Assistant (January – May)

Blake Frost, Intern (1<sup>st</sup> Semester)

Macy Cunningham, Intern (2<sup>nd</sup> Semester)

Mary Pardee, Area Extension Director

January 1, 2020 - December 31, 2020

Dear Ashland County Board of Supervisors, Community Partners & Interested Readers,

2020 will go down in history as being a challenging year for all of us! Extension is about outreach education, and the worldwide COVID-19 pandemic certainly made it difficult to engage directly with community members.

Ever resourceful, our Ashland County Extension educators and staff rose to the occasion and adapted their communication methods and program delivery modes. Despite the hurdles, we had another year of great Extension programming in Ashland County and all of Wisconsin! We worked to continue connecting local people with the knowledge and research of the University of Wisconsin. We utilized our local, regional and statewide networks to support communities in responding to emerging issues, including COVID-19, and bring new ideas and great resources to Ashland County.

This report highlights outcomes from our major educational programs in Community Development, 4-H Youth Development (including FRTEP), Human Development & Relationships, Nutrition Education, and Agriculture. Our staff strives to address high priority local needs through our educational programming and valuable collaborations with community groups, volunteers, and program partners. Strong partnerships are at the heart of our programs -- we can achieve more together!

THANK YOU to the Ashland County Board of Supervisors and the Agriculture & Extension Education Committee for your continued support of Extension Ashland County during 2020. We appreciate the opportunity to serve Ashland County residents and local efforts to strengthen our people, our communities, and our economy.

On behalf of the Extension Ashland County staff,

Mary Pardee  
Area Extension Director  
Area 1 (Ashland, Bayfield, Iron & Douglas Counties)



# Community Development



## Activity Highlights

### Safely Managing Hazardous Materials through Education and Action

Through the 25<sup>th</sup> annual Ashland County Cleansweeps hazardous materials collection event, Extension ***increased the community's understanding of the need to safely manage hazardous products to protect human and environmental health.*** A record number of participants (204) from five counties brought nearly 12,000 pounds of toxic products to the four-hour event. COVID-19 safety practices were implemented to protect workers, participants, and volunteers. Since this program was founded in 1995, Ashland County residents have safely disposed of about 250,000 pounds of dangerous products. The 2020 Ashland County Cleansweeps, operated under a grant through Northwest Regional Planning Commission, was a partnership with Ashland County Emergency Management Department, Ashland Police Department, NorthLakes Community Clinic, Veolia North America, WITC Ashland, and local volunteers.

Lissa Radke,  
Community  
Development  
Educator



Top left: Workers take hazardous waste from vehicles and sort it.  
Top right: Tube lights are one of many hazardous items collected.  
Left: Volunteers at the medication drop-off area.





# Community Development

## Supporting Successful Stormwater Management Practices

The City of Ashland requested help from an ad hoc group of groups and departments, including Extension’s Community Development educator, to develop outreach programs that informed the community about why the municipal wastewater treatment facility was having stormwater overflows into Lake Superior after large rain events. Through community forums and outreach programs, ***the Stormwater Study Group has increased community awareness*** about the reasons for the overflows, how households and businesses contribute to the problem, and what strategies the city is working on to stop the overflows.

Radke facilitated the Study Group’s monthly planning meetings, led the development of a Communications Plan and recommendations to help the City spread information about stormwater runoff reduction actions, and led the organization of a virtual community forum about the city’s progress. Partners included Ashland Department of Parks and Recreation, League of Women Voters Natural Resources Committee, Ashland County’s Land and Water Conservation Department, and community volunteers.



## Developing Opportunities for Regional Food Entrepreneurs

Through a partnership with UW-Madison Extension Dane County and the UW-Madison Extension Food Systems Program, Radke and her colleagues helped inform and support regional food entrepreneurs wanting to develop new food businesses or expand current operations. Educators planned and delivered multiple sessions of special programs in an all-virtual, two-day conference called the “Edible Start-Up Summit.”

As a result of the summit, ***local food producers learned best management practices for running a food business and networked with each other to build stronger business connections.***



## Statewide Network

*Extension has deep local ties that develop regional and statewide networks able to respond to emerging issues. Working in and with communities allows Extension to connect research and resources directly to affected populations and areas.*



# Human Development & Relationships



Heidi Ungrodt,  
Human Development  
& Relationships  
Educator

## Activity Highlights

**Strengthening Families and Systems** is an 8-session class series for parents, caregivers and professionals to learn how to build positive relationships with children who have experienced trauma. Beginning in 2020, an online series of this program is offered three times each year for participants in Ashland, Bayfield and Douglas Counties.

**Parents Forever** is offered on a monthly basis for divorcing parents in Ashland and Bayfield Counties. Since changing over to a virtual format in 2020, 51 participants learned skills for improved communication and problem-solving with their co-parent while supporting children emotionally to reduce children's exposure to conflict and toxic stress.

**Relationships Matter** is a program for adults to learn social-emotional skills to support healthy relationships. In 2020, Ungrodt adapted a 6-session class series to a virtual format and partnered with Genesis Mental Health to teach and practice skills for effective communication, stress management, problem solving, self-control, mindfulness and demonstrating empathy.

**Money Matters** is an online Extension program for financial education. A series of online modules offers information on budgeting, credit and debt, health insurance and retirement. In 2020, 18 Ashland County residents completed financial education online through this program, followed by a phone conversation to encourage financial goal setting, answer questions and share further resources.

## Giving Parents and Caregivers Tools to Help Children

**Strengthening Families and Systems (SFS)** is a research-based program that brings together birth parents, foster parents, kinship providers and local family-serving professionals to share information on trauma and its effects on the brains and bodies of children. The 8-session series provides practical strategies to help manage behaviors and to strengthen positive relationships between children and adults. Trauma-informed caregiving and treatment can help children recover from their difficult childhood experiences.

In 2020, Ungrodt collaborated with Douglas County to offer two rounds of SFS in a virtual format to 31 participants. In a post survey, all respondents agreed that the information learned will help them in their parenting and/or their work and were able to cite specific tools or strategies they plan to use to help children who have experienced trauma.

**Tools from our Trauma Toolkit**

- Re-enactment Cycle:** A flowchart showing the cycle between 'Invisible Survival Beliefs', 'Restrictive Behaviors', 'Adult Response', and 'Restrictive Beliefs'. It also includes 'Network Invisible Features' and 'Restrictive Beliefs'.
- Square Breathing:** A diagram of a square with 'Breathe In' (4 seconds), 'Hold' (4 seconds), 'Breathe Out' (4 seconds), and 'Hold' (4 seconds).
- The Invisible Suitcase:** A drawing of a suitcase labeled 'No one has to know I'm bad' with items like 'I'm bad', 'I'm angry', and 'I'm sad' inside.
- Emotion Coaching:** A list of steps: 1 Label, 2 Empathize, 3 Problem Solve.
- Feelings Thermometer:** A thermometer with levels: 'Very uncomfortable. Extremely stressed and anxious. Need to get out of here now.', 'Warm. Make uncertainties slightly lessened and aware. Losing my focus.', 'Cool. A little better. Losing my focus.', 'Ice Cold. Not focused or engaged. Planning my escape.', 'Cautious. Not stressed or anxious. Focused and engaged.', 'Moderately uncomfortable. Stressed and anxious. Distracted and edgy.', 'Very uncomfortable. Stressed and anxious. Need to get out of here now.'
- Connections:** A group of diverse people icons.
- Response Key:**
  - ❤️ Awesome
  - ➡️ This is working ok
  - ✖️ Meh!
  - ★ Would like to try it
  - 🚫 Nope
  - ? What is this?

Throughout the 8-week SFS program, participants learn tools to help kids who have experienced trauma. By the end of the program, they have several tools in their "trauma-informed toolbox."



# Human Development & Relationships

## THE LITERACY LINK



The Literacy Link works with local partners to foster positive, literacy-focused interactions between children and their justice-involved parents. Literacy Link programs encourage child-parent engagement, increase literacy competence to support stronger family relationships, improve literacy development and positive child outcomes, and support successful family reunification and community reentry. **Highlights in Ashland County include:**

The **Family Literacy Kit** program was created to maintain Literacy Link programming when in-person programming in jails was shut down due to the pandemic.

The **Making Reading Memories** recorded book reading program was adapted for a virtual format. After participating in the Interactive Reading Workshop, parents in jail are video recorded reading a book they select for their child. The book and recording are distributed to the child. Ungrodt was able to relaunch this program in December 2020, distributing videos and books to children with parents in the Ashland County Jail.

The **Interactive Reading Workshop** was adapted for an online delivery and offered to parents in jail on a monthly basis. Parents learn to read in ways that encourage child-parent engagement and increase literacy competence.

**Parenting Inside Out** is a national research-based parenting program for parents in prison. In 2020, Ungrodt worked with the Literacy Link Team to adapt this program for use in local jails and pilot the newly revised 8-session class with parents in the Ashland County Jail.

## Connecting Children and Parents with Family Literacy Kits

Research shows clear correlation between parental incarceration and family disruption, trauma and toxic stress. This can result in a lifelong harm to a child's cognitive, emotional, and social development. Without intervention, effects result in delays in developmental milestones, particularly in literacy, talking and listening skills.

During COVID-19 restrictions, numerous families experienced interruptions in their connection with loved ones who are incarcerated. To connect parents in jail and their children through literacy-rich experiences, Ungrodt worked with the Literacy Link Team to create a **Family Literacy Kit** program.



Family Literacy Kit contents.

The kit gives parents in jail an opportunity to select books and write letters for their children, which are then mailed to the designated caregivers and children. Kits include the selected book, a letter from the parent, writing materials (i.e. colored pencils), and a letter template and a stamped addressed envelope for writing a letter back to the parent. In 2020, 103 kits were mailed, with more than 200 books and supplies for 65 children with parents who are incarcerated in Ashland County.



# Positive Youth Development



*Doug Liphart, 4-H Youth Development Educator*

## Activity Highlights

### Providing Youth with Leadership Experiences

Research shows that early experience participating in civic governance by youth leads to active civic engagement throughout adulthood. Extension staff provided training and direct civic leadership opportunities for youth through two programs:

**Superior Days** is a lobbying event where 300 local leaders and youth delegates from 5 counties travel to Madison to discuss non-partisan issues of concern to Northern Wisconsin with legislators. A group of six youth from Ashland County practiced citizenship skills through participation in the 2020 Superior Days event. For 15 years on an annual basis, Extension has been providing youth from the Chequamegon Bay area opportunities to participate. Several past delegates are taking part in an Extension study to assess the long-term impacts of their participation in the education, preparation and lobbying experiences that are part of this important Youth-in-Governance program. Results will be shared in 2021.

**Teen Court** members serve the community by conducting hearings for first-time offenders and assigning sanctions based on restorative justice concepts. Teen Court panel members build leadership, compassion, and critical thinking skills while helping peers learn from their mistakes and make right their wrongs in our community. In 2020, Teen Court went all-virtual. Veteran members designed a virtual recruiting drive which resulted in 7 new members. The group planned how to adapt and conduct hearings virtually and were able to have an active and successful year.

### A Unique Partnership

Extension supervised two interns from Northland College in a collaborative arrangement funded by the Sigurd Olson Environmental Institute: Blake Frost (January – April), and Macy Cunningham (September – November). This opportunity provides our next generation of educators with experience and a mentoring relationship to hone their skills and have a positive impact on our local youth.



*Superior Days youth delegates traveled to the Wisconsin Capitol building to discuss issues with elected officials.*



# Positive Youth Development

## Outdoor Adventures for Healthy Youth

**Canoe and kayak activities** held a whole lot of outdoor fun for young children who engaged in water-based games designed to teach basic paddling strokes and safety skills. This partnership with Ashland Parks and Rec resulted in youth mastering basic skills in control and safety of watercraft and experiencing the joy of captaining their own boats!

Wild ricing by canoe provides physical activity, access to traditional healthy foods and connection to culture, which research shows increases resilience in youth. Tribal youth-serving agencies and Extension partnered to offer **canoe safety programs** where Bad River youth in grades 5-11 learned basic strokes, rescues, and hazard recognition to help prepare them for safe and successful wild rice gathering in the fall.

In collaboration with the SPARK (Student Pathways to Adventure, Recreation & Knowledge) after school program, Extension provided **archery programs** for youth. Archery is an engaging and active outdoor activity where all youth can succeed while learning and practicing a discipline safely.

Ashland and Bayfield Extension teamed up to provide a series of **day camps**, a COVID-safe alternative to traditional overnight camp. Campers in grades 3-7 engaged in fun, outdoor activities designed to build the positive youth development essential elements of belonging, mastery, generosity and independence in a social setting.

**4-H Ambassadors** explored leadership concepts through outdoor rock climbing and whitewater canoeing expeditions, and service to their community.

Extension provided activity facilitation and support for Northland College Sigurd Olson Environmental Institute's **Outdoor Adventure Leadership Club**.

**4-H CANSKI (Chequamegon Area Nordic Ski Club)** put over 150 children and family members from Ashland and Bayfield Counties on cross country skis in winter 2020. Ski gear and transportation for kids is provided if needed. Skills and learning outcomes included leadership, winter safety, service to community, technical skiing skills, and games - bringing all four elements of positive youth development (mastery, belonging, independence, and generosity) to the Chequamegon Bay and Bad River communities.



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*Youth intent on honing their archery skills.*



*Canoe safety includes being able to enter from the water.*



*4-H CANSKI is Nordic skiing plus a lot more!*



# Positive Youth Development

## Federally Recognized Tribal Extension Program



Joy Schelble, FRTEP  
Educator

### Activity Highlights

**Small group education** in the spring and early summer focused on water and canoe safety, treaty rights education and harvest, and wild rice harvesting with a total of 113 youth participants.

**Baaga'adowewin**, the traditional Ojibwe lacrosse game facilitated by the FRTEP educator and partners, had 102 youth participating until March 2020.

**Virtual classes** – Schelble partnered with five tribal programs to offer virtual classes and supply materials to participants. In addition, YouTube videos and tutorials were created on burlap bag container gardening and traditional Ojibwe plant knowledge.

*"We have lost teachings, lost identity with our language and harvesting practices. This funding has helped; it has done miraculous things. People are using language; elders and youth are together talking about the old ways."*

- Dylan Jennings, Bad River Tribal Council member



*Left: Treaty rights education and harvest on ceded land*

*Middle: Burlap bag container gardening project*

*Right: Fun is a part of the good life and good programming, a sack race before planting!*

### Helping Youth Live Healthier and Culturally Vibrant Lives

The Federally Recognized Tribal Extension Program (FRTEP), an Extension Positive Youth Development program, strengthens the health and resiliency of Bad River youth through linked educational programs that engage youth in producing and consuming seasonal food, building knowledge of traditional Ojibwe foodways, and strengthening knowledge of language and culture.

This education is provided through demonstrations, public events, and in school and after school programming. The focus is on youth skill development, improving nutrition and reducing health disparities, preserving culture and language, and providing natural resources education in partnership with tribal partners working with youth and families.

FRTEP works to further the Bad River community goals to help youth live healthier, more culturally vibrant lives and build skills that contribute to the greater food sovereignty of the Bad River Tribal Nation.



# Agriculture



Jason Fischbach,  
Agriculture Educator



Sarah DeGraff,  
Agriculture Educator

## Activity Highlights

**Farmer’s Markets** - Assisted managers of Farmer’s Markets in planning and implementing market policy and design changes in order to keep markets open, safe and successful for vendors and consumers during the COVID-19 pandemic.

**Agriculture Newsletter** - Provided local agriculture information, education and opportunities through a quarterly newsletter for local producers, gardeners, farmers and food businesses.

**Vegetable Variety Trials** - In a partnership with the UW-Madison Seed to Kitchen Collaborative, Extension worked with local producers to establish field and greenhouse trials to generate research-based information on the best vegetable varieties for our region in order to support local food production. Crops grown in 2020 included mini peppers, green top carrots, small butternut squash, and broccoli on four different farms in the area.

**Kernza® Trials** - Kernza is the tradename for improved varieties of intermediate wheatgrass. A new variety of Kernza, “MN Clearwater” is being trialed near Marengo. The seeds are planted in early fall and the grain and straw harvested in mid-summer.

**Master Gardener Volunteers** - Interacted with the Ashland and Bayfield County Master Gardener Volunteers, assisting with virtual meetings and events.



## Upper Midwest Hazelnut Development Initiative

The UMHDI is a multi-state project to develop a hazelnut industry locally and across the Upper Midwest. Highlights of this project locally in 2020 include:

### Hazelnut Trials

Two new hazelnut germplasm trials were established locally in 2020, one near Marengo and one outside of Washburn. The trials will help local growers see the new varieties in action and provide important performance and adaptability data.

### Hazelnut Processing

The Hazelnut Processing Accelerator in Ashland acquired two new pieces of equipment and now has the capacity to turn in-shell hazelnuts into saleable kernels very efficiently. To date, we have processed about 10,000 pounds from 20 different growers.

### Education for potential hazelnut growers

Extension hosted a series of outreach education and events for aspiring hazelnut growers, including a three-part Hazelnut 101 Fact Sheet Series and six hazelnut informational meetings which were attended by over 240 individuals.





# Healthy Choices, Healthy Lives



FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

## The Challenge

The COVID-19 pandemic impacted the food security of **Ashland County** residents due to income and job loss, as well as significant changes in local, regional, and national food systems. Based on increases in **Ashland County** residents participating in FoodShare and federal Pandemic EBT benefits, we see a greater need for members of our community in accessing food that is healthy, safe, and affordable. FoodWise educators support our community by providing education on how families can stretch their food dollars in these difficult times and continue to put healthy meals on the table in their homes.

**Ashland County** has seen a **12% increase in Food Share participation** (including adults and children) from prior to the pandemic.



*Based on comparison of FoodShare participation in February 2020 and September 2020. Data from Wisconsin Department of Health & Human Services.*

## Community IMPACTS

### In response to COVID-19, we have:

- Created a monthly FoodWise newsletter that we distribute to our partners. Each month we highlight a different local food resource story, provide some new recipes, share tips on different health and wellness topics, and include the Harvest of the Month flier that is put together by the Chequamegon Food Co-op.
- During the summer we shared weekly recipes that were healthy, budget-friendly, and seasonal on our Extension County Facebook pages.
- Published an article in local newspapers on food security and what local entities are doing to help.
- Maintained strong partnerships within our community through regular communications and resource sharing.
- Transitioned direct education programming to virtual lessons!



## ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Ashland County, FoodWise partners with schools, after-school programs, Head Start programs, senior meal programs, and food pantries to help make the healthy choice the easy choice in our communities.

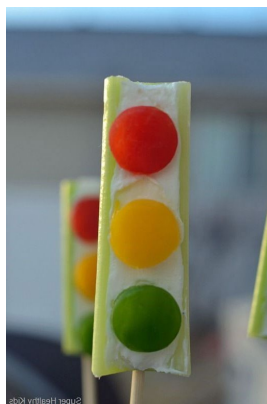
# Snazzy Summer Snacks

Like many programs and partners during COVID-19, we have had to make changes to our programs. One of those changes includes shifting our direct education programming to a mostly virtual format.

We have had a number of successful virtual events. One series delivered in **Ashland County** by our team, was in partnership with the **Mashkisibi Boys and Girls Club**.

We completed three virtual classes at the end of summer where each day youth learned about a unique nutritional topic, participated in different nutrition activities, and made three various snazzy summer snacks with ingredients supplied by the Mashkisibi Boys and Girls Club.

At the end of the series, youth had the knowledge on how to make several new simple healthy snacks at home.



*Youth from the Mashkisibi Boys and Girls Club learned how to make several different snazzy summer snacks during our virtual programming series: celery stoplights, celery sailboats, and yogurt parfaits.*

# Marengo Valley School

For many years, FoodWise has taught nutrition education at **Marengo Valley School**. Our program was able to do a series of six lessons this past year with Marengo Valley 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> grade classrooms before COVID-19 hit.



*Nutrition Coordinator, Stephanie Bakker, teaching in a Marengo Valley 3<sup>rd</sup> grade classroom.*

Through our school education, students learn about a different set of nutrition topics each year, participate in nutritional activities, and have a chance to sample healthy foods. Some topics include hand washing, being active, learning about the five food groups, gardens, and “sometimes” foods.

Since COVID-19 began, we have been providing education virtually to schools.



*One of the priorities of our program is to expose participants to new foods. In one class, students were able to sample hummus and carrots.*



**Stephanie Bakker**  
FoodWise Nutrition Coordinator  
Ashland, Bayfield, Iron County



**Deborah Leonard**  
FoodWise Nutrition Educator  
Ashland, Bayfield, Iron County



**Sarah Tarkington**  
FoodWise Nutrition Educator  
Ashland, Bayfield, Iron County

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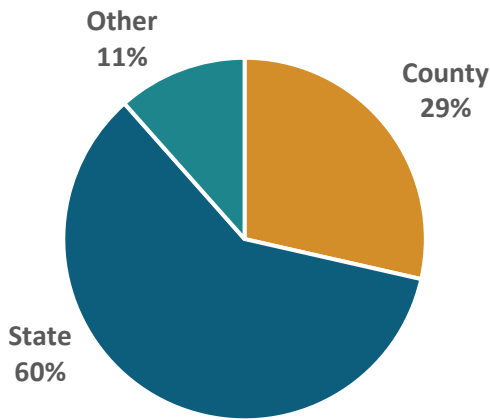
**FOOD WISE**  
Healthy choices, healthy lives.

UW-MADISON EXTENSION



# 2020 Budget

**For every \$1 that Ashland County put into Extension in 2020, an additional \$2.50 came from another source.**



This Annual Report highlights some of the programming efforts of our educators and staff members. In 2020, 3 full-time and 5 part-time educators, 1 full-time office manager and a part-time assistant, and 2 interns made up the relatively small office staff that gets all this work done! How do we do it?

The success of Ashland County Extension programming relies on 4 aspects:

- County funding
- State funding
- Donations, Grants & Fees
- Volunteers

In Extension, most educators are co-funded by the county and state. Ashland County shares agriculture costs with Bayfield County. In addition, county funds help to outfit Extension with office supplies and technology and program and travel costs, as well as excellent office staff to hold it all together.

FoodWise, our nutrition education program, is paid for by federal SNAP-Ed (Supplemental Nutrition Assistance Program Education) funds that come through UW-Madison Division of Extension. Ashland County FoodWise is part of a three-county project which also includes Iron and Bayfield Counties. Ashland County and the Bad River Band of Lake Superior Chippewa also host our FRTEP Educator, which is a federal grant. County funds are not involved in the salaries of the FoodWise Coordinator, FoodWise Educator, FRTEP Educator or Area Extension Director.

The charts show the basics of where our funding comes from. *Due to travel and programming restrictions resulting from the COVID-19 pandemic, the 2020 budget is atypical.*

**Extension Trained Volunteers** contributed another \$57,202 in value that is not included on this chart. (Using the 2020 standard "Independent Sector" rate of \$27.20)



County	Co-Funded Staff Fee (4)	\$ 95,560
	Support Staff	47,569
	Office & Technology	2,776
	Educational Program Support	<u>7,735</u>
	<b>TOTAL COUNTY</b>	<b>153,640</b>
State	Co-Funded Staff Salary/Fringe	148,997
	FoodWise Staff & Program	51,538
	FRTEP Staff & Program	84,000
	LTE Staff (Literacy Link)	4,080
	Program Support	2,857
	Professional Development	755
	Director Salary/Fringe	<u>30,123</u>
	<b>TOTAL STATE</b>	<b>322,350</b>
Other	Donations, Grants, Fees	<u>62,126</u>
	<b>TOTAL OTHER</b>	<b>62,126</b>
<b>TOTAL 2020</b>		<b>\$538,116</b>