



*Your county  
extension office*

# CARING FOR THE FACES & SPACES OF CLARK COUNTY

**August  
2010**

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## Young Families Newsletter

A free newsletter edited by  
Julie Simek-Heggebo,  
Family Living Agent  
Clark County UW-Extension

### Dear Young Family,

Did you know 9 out of 10 car seats are installed incorrectly? Did you know the number one cause of death in children under fourteen years of age are traffic fatalities? These are startling statistics that could be prevented by installing child safety restraints correctly.

On Tuesday, August 31<sup>st</sup> from 3:30-6:30 p.m. there will be a *Car Seat Clinic* at the Neillsville Fire Department. The clinic will be run on a first come, first serve basis. You will be able to talk to a certified car seat technician about the proper installation of your child's car seat. The car seat technician will help you install your child's car seat correctly and give you tips and information about the rules and laws regarding child safety restraints.

Expecting parents and grandparents are welcome to attend. Please bring your vehicle, car seats and children with you to the event.

If you have any questions or would like more information about child safety restraints call me anytime at 715-743-5121.

Sincerely,

Julie Simek-Heggebo  
Clark County Family Living Agent



*P.S. The Young Families Newsletter is now available on the web at [www.uwex.edu/ces/cty/clark](http://www.uwex.edu/ces/cty/clark). Check this web site to view parenting resources and support services for Clark County families.*



# FAMILY TIME WORK TIME — A BALANCING ACT

## Getting Kids to Cooperate

Is your child able to cooperate with others? Cooperation is an important life skill and there are ways you can help your child learn this skill.

Understand that cooperation is when two people are able to “give and take” to end up with something both agree on. Both need to think about what they want and also what the other person wants, then find a way for both to agree. This process can be simplified for young children.



Believe it or not, you can teach a baby the basics of cooperating. When you teach a baby how to roll a ball back and forth to you, you are teaching cooperation. You can drop a block in a container, then give him a block and have him drop it in. Pick up a rattle and shake it, then give it to your baby to shake. Babies learn by repetition, so it's good to do these activities over and over.

When toddlers want to play with the same toy, teach them how to take turns, making sure each child gets a turn to play with that toy. Play with them and show them how. When two children want to play with the same doll say, “Sara, you can play with the doll first, then Lily can have a turn. Please let her know when you are done.” Then play with Lily nearby until Sara is finished playing with the doll.

Preschoolers can learn ways to resolve a conflict. When two children are fighting over a toy ask them to stop for a minute. Say, “You have a problem. What do you think it is?” Give each child a chance to tell what he thinks the problem is. Then have each one tell you how he thinks it can be solved. Use the children's ideas. Make sure each child agrees with the solution. Knowing how to solve a



problem helps a child deal with conflicts that come up throughout life.

When children play together building with blocks they need to cooperate to create structures. It's a perfect chance for children to talk about how they want to build something and plan together how to get it built. It's another way for children to learn how to cooperate.

When you see your child cooperating with others or with you, let her know you are pleased. You can say, “I liked it when you and Leo put all the blocks away and it made the job easier.”

## Camping Out at Home

Can't get away this summer? Provide your child with some fun times at home.

Plan a camping trip in your back yard, living room, or family room. Set up a tent—for indoors a large sheet or blanket spread over some chairs or a table



will work. Get out the sleeping bags or some old comforters. Have a flashlight for everyone. Tell stories about fun family times in the past or some long ago family history. You can play a game where one person starts a story, then the next one tells the next part, and everyone takes a turn adding their part until the story is done. Older children might enjoy some ghost stories and your public library can provide those. Look for stars and constellations in the sky on a clear night. Get some library books about constellations and read about them ahead of time. This should be a fun family time with no television, computers, or telephones. Just take time to talk and do activities together for a fun at-home vacation.

For a camping treat make S'Mores in the microwave.

For each one you will need:

- One graham cracker split in half
- One marshmallow
- Four squares of a chocolate bar

Place the marshmallow and chocolate squares on one half of the graham cracker, then top it with the other half. Put it in the microwave for about 45 seconds. Allow time for the marshmallow to cool a bit. Enjoy!



## UPCOMING EVENTS

### "ASK THE MASTER GARDENER" PROGRAM

Clark County Master Gardeners are hosting "Ask the Master Gardener" program from 1:00-3:00 p.m. on the following dates. You can call or just stop by with your plants, insects, weeds, etc. to the UW-Extension Office and talk to our local master gardeners with your gardening questions on:

**August 25**  
**September 8 & 22**

This is sponsored by the Clark County UW-Extension and Clark County Master Gardeners.

For more information contact Richard Halopka, Crops & Soils Agent, Clark County UW-Extension, 517 Court Street, Room 104, Neillsville WI 54456, 715-743-5121

### FAMILY FUN ON FRIDAY'S

Join us for family fun and activities intended for children ages 2-6. We'll supply a healthy snack and numerous child-friendly experiences. Everyone is welcome!

**August 20**  
Yellowstone Trail Park, Thorp  
**September 3**  
Schuster Park, Neillsville

10:00—11:30 a.m.  
(CANCELLED IF INCLEMENT WEATHER)

**Sponsored by:**  
UW-Extension  
Clark County Family Resource Center

Questions call UW-Extension 715-743-5121

### MILK CHOCOLATE DESSERT CONTEST

Saturday, August 14  
Fine Arts Building  
9:00 AM Registration  
9:30 AM Judging Begins

Contest is open to all Clark County residents

**Youth Division — Ages 8-18**  
**Adult Division — 19 & Over**

Cash prizes will be awarded to the top three in each division. Limited to first 20 entries in each division. Call the Clark County Extension Office at 715-743-5121 to register.

Contest Rules:

- Contest is open to any individual; one entry per person.
- Entry must be made from "scratch" (no mixes).
- Recipe must contain chocolate and one other dairy product.
- Recipe listing the ingredients, preparation instructions and recipe author must be submitted with the entry, printed on one side of the page. Include name, address and phone number on the back side of page.

Judging will be based on the following criteria:

flavor, overall appearance,  
creativity (appearance, ingredients, etc.),  
moistness and crumb texture, and  
consistency (size and shape)

**Sponsored by:**

Clark County Dairy Promotion, Clark County Fair Board,  
Clark County UW-Extension, WCCN, UW-Extension



# CLARK COUNTY FAIR — NEILLSVILLE , WISCONSIN AUGUST 11-15, 2010

## ADMISSION

Season Pass \$10.00

### At the Gate:

Adult \$5.00 Children 6-12 \$2.00

5 & Under—Free

## CHIPPEWA VALLEY RIDES LLC A MIDWAY OF FUN

## WRIST BAND Coupons

\$13.00 ADVANCE

\$15.00 AT THE FAIR

Times for wristbands

Friday: 12-4 pm & Midnight Madness

Saturday: 12-4 pm & 6-10 pm &  
Midnight Madness

Sunday: 12-4 pm

MIDNIGHT MADNESS—\$8.00

Fri. & Sat. nights from 10 pm—close

## WEDNESDAY, AUGUST 11

7:30 P.M. Miss Clark County

## THURSDAY, AUGUST 12

7:00 p.m. Farm Tractor Pull

## FRIDAY, AUGUST 13

7:00 p.m. Men's Club Truck Pull

9:00 p.m. "Big Deeks Band" at the Beer Garden

## SATURDAY, AUGUST 14

### Senior Citizens Day

Citizens over 60 \$3.00 all day at the gate

11:00 a.m. Free Draft Horse Hitch Show

12:00 noon Little Britches Dairy Show

6:00 p.m. MOTOKAZIE Supercross Motor  
Cycle Race in front of Grand Stand

7:30 p.m. Livestock Sale

9:00 p.m. "Toy Guns Band" at Beer Garden

## SUNDAY, AUGUST 15

8:30 a.m. Open Class Dairy

11:00 a.m. Draft Horse Hitch Show

1:00 p.m. Men's club Demo Derby

Any day of the fair, visit the  
Antique Tractor and  
Machinery Display

Free Entertainment in the  
Listeman Bandshell on  
Friday, Saturday, and Sunday



# Child Safety Seat Clinic

Tuesday, August 31st

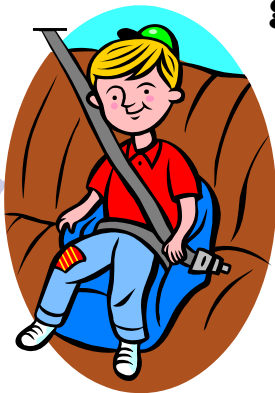
3:30-6:30 p.m.

Neillsville Fire Department



**Please bring your children and vehicle with you to the event.**

**Expecting parents and grandparents welcome!**



**During the clinic, technicians will inspect your child's car seat, provide you with important installation tips and check the seat for manufacturer's recall.**

**For more information call Julie Simek-Heggebo at the UW-Extension office, 715-743-5121.**

## **Sponsored by:**

Clark County Family Resource Center, UW-Extension, Clark County Public Health Department, Neillsville Fire Department and Listeman Foundation

# HEALTH NEWS

## AUGUST WIC SCHEDULE

- August 3 Neillsville Clinic & Late Check pick-up 9-4
- August 4 Neillsville Clinic 9-4
- August 9 Owen Clinic & Check Pick-up 9-4
- August 10 Abbotsford Clinic 9-4
- August 11 Abbotsford Clinic & Check Pick-up 9-4
- August 12 Neillsville Clinic & Late Check Pick-up 9-4
- August 19 Thorp Clinic & Check Pick-up 9-4
- August 20 Owen Clinic & Late Check Pick-up 9-12
- August 25 Abbotsford Clinic & late Check Pick-up 9-4

## FLUORIDE VARNISH PROGRAM

The Clark County Health Department is pleased to offer the Wisconsin Department of Health and Family Services Early Childhood Cavity Prevention Program. Any Clark County family with a child age 6 months to 5 years is eligible for the Fluoride Varnish Program. If you have Medical Assistance (MA) we can bill MA. Please bring your child's MA card along to the clinic. If you don't have MA, the charge for the fluoride varnish application is \$1.00.



## AMERICAN RED CROSS BLOOD DRIVE

### Tuesday, August 17

Thorp Fire Hall, 12-6 pm

### Thursday, August 19

Owen/Withee Health Care Center, 12:30-5:30 pm

### Monday, August 30

Neillsville American Legion, 11 am—6 pm

### Tuesday, August 31

Loyal American Legion, 12:30—5:30 pm



Neillsville: Clark County Health Department; Rm 105  
August 3 & September 1

Owen: Clark County Health Care Center; Multi-Purpose Room — August 9

Abbotsford: City Hall — September 8

## BREASTFEEDING WEEK AUGUST 1-7, 2010

“Breastfeeding—Just 10 Steps—  
The Baby Friendly Way”

The Clark County Health Department in collaboration with the Clark County Nutrition Coalition “Eat Right Be Fit” is working on the goal of becoming a Breastfeeding Friendly Health Department. The organization is working on the first 2 steps this year and hopes to complete all 10 steps by 2010. For more information contact the Health Department at 715-743-5105 or WIC Office at 1-888-298-5299.

## BUILD A RAIN BARREL WORKSHOP

Wednesday, August 18  
Loyal American Legion  
5:30-6:30 p.m.

The Clark County Over the Garden Gate Master Gardener Club and UW-Extension is sponsoring the “Build a Rain Barrel” workshop. You must pre-register to attend this workshop. Cost is \$15.00. Please pre-register by Friday, August 6th by calling 715-743-5125.



## KEEP FOOD SAFETY IN MIND WHEN SHOPPING FARMERS' MARKETS

Shopping at the local farmers' market is becoming a habit for growing numbers of Americans. More than one million people purchase goods from their local market each week, supporting 20,000 American farmers in the process, according to the U.S. Department of Agriculture.



One of the major reasons for the growing popularity of farmers' markets is the availability of fresh-from-the-farm produce. While supermarket produce often travels 2,000 miles before it reaches its final destination, farmers' market produce is usually grown no more than 50 miles away.

But even though farmers' markets can offer food at the peak of freshness, food safety can still be a concern, says University of Wisconsin-Extension Family Living Agent, Julie Simek-Heggebo.

To help protect the health of your family and to enjoy fresh produce at its best, Simek recommends keeping the following tips in mind.

--Go home directly from the market. "Avoid side trips that may cause food to decline in quality," says Simek. "Perishable foods can pose food safety problems if left sitting in your car." If you know you aren't going home after your visit to the farmers market, bring a cooler along packed with ice. This will keep food cold for a few hours before you get home.

--Different fruits and vegetables require varying temperature and humidity levels for proper storage. Some of the foods that taste best stored at room temperature include melons, onions, potatoes, sweet potatoes, tomatoes and winter squashes. Store them in a clean, dry, well-ventilated place, away from direct sunlight and areas where meat is prepared.

--Ripen some types of produce on the counter and then store in the refrigerator; nectarines, peaches, pears and plums fall into this category.

--Most other fresh fruits and vegetables keep best stored in a clean refrigerator at a temperature of 40 degrees Fahrenheit or below. Use your refrigerator crisper drawer for whole produce. And store fruits in a separate refrigerator drawer from vegetables. See "Storing Fruits and Vegetables from the Home Garden" for tips on getting the most from harvested produce (<http://learningstore.uwex.edu/pdf/A3823.pdf>).

--Store fruits and vegetables in a bag or covered container and keep them away from raw meats to prevent cross-contamination.

--Wash your hands before working with produce.

--Wash produce thoroughly. Rinse it under clean, running water just before preparing or eating. "Don't use soap or cleaning agents as it can get into produce and make you sick," says Simek. Rub firm produce such as potatoes or apples briskly, with a clean brush or your hands to clean the surface. For delicate produce such as berries, rinse well and drain. Dry with a clean cloth or paper towel.

--Aim to buy foods you'll eat soon, while they're fresh. Select an amount you can use within a short time.

--Under the "Pickle Bill" passed in February 2010, high acid foods can be sold legally at farmers markets. High acid foods include jams, jellies, sauerkraut, pickles and salsas. If purchasing these items from a farmers market the person processing the food is the one who should be selling the food and will be able to answer any questions you may have about the processed food. Make sure the jars of food are labeled with the ingredients, name of the person processing the food and date the food was processed. Processed food is best if used within one year of processing.

Take a few simple precautions as you enjoy all the goodness that a Wisconsin farmers' market has to offer! For more information on keeping food safe, contact Julie Simek-Heggebo at 715-743-5121 at the Clark County UW-Extension office.



# JULY SNACK IDEAS

## Crunchy Snack Mix

Make this ahead for those times when your child needs a “take-along” snack.

What you need:

- 1 cup round-shaped toasted oat cereal
- 2 1/2 cups bit-sized shredded wheat cereal
- 2 1/2 cups oyster crackers
- 1/2 cup cooking oil
- 1/4 teaspoon garlic salt
- 1/4 teaspoon dried, crushed oregano
- 1/4 teaspoon dried, crushed basil
- 2 tablespoons grated Parmesan cheese

What to do:

- Combine cereals in a large bowl
- Spread in an ungreased 15 1/2 x 10 1/2 x 2 inch baking pan and set aside
- In a small saucepan, mix oil, garlic salt, oregano, and basil
- Heat on low heat for 2 minutes
- Stir until well-blended
- Drizzle over cereal mixture and toss gently to coat evenly.
- Bake in a 300 degree oven for twenty minutes. Stir once, then bake for twenty minutes more.
- Sprinkle with Parmesan cheese and toss gently to coat cereal.
- Cool mixture, stirring occasionally.

Store in airtight container in cool, dry place.

## Cheesy Nachos

What you need:

6 oz. shredded cheddar cheese  
Plain tortilla chips — about 30  
Taco sauce — optional  
Baking or pizza pan

What to do:

- Heat oven to 400 degrees
- Spread tortilla chips in a single layer in baking pan.
- Sprinkle with shredded cheese
- Bake 2 to 3 minutes until cheese melts
- Dip into taco sauce or eat plain.

\*Please note — children can help prepare the Cheese Nachos, but an adult needs to put them in and take them out of the oven.

## Deviled Eggs

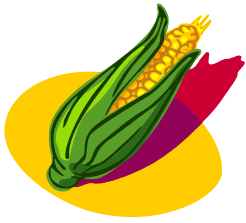
1/4 cup mayonnaise  
1/4 cup mustard  
6 eggs

Boil eggs by placing 6 eggs in a pan, cover with water, place a lid over pan. Bring water to a rolling boil for about ten minutes. Turn off burner, but leave the pan on the hot burner for another 5-10 minutes. Drain hot water and place eggs in cold water and refrigerate until cool throughout. Peel eggs, slice lengthwise, and remove yolks. Place the egg halves on a plate and in a separate bowl have your children mix yolks, mayonnaise, and mustard. Fill egg halves with yolk mixture and enjoy! Serves 10-12.



# VEGETABLE/HERB OF MONTH

## CORN



This quintessential summer vegetable is not the easiest crop to grow for the space it occupies — there is generally only one or two harvestable ears per stalk.

To grow your own sweet corn, plant seeds when the soil temperature reaches 65°F in blocks rather than long rows to aid in pollination.

The “supersweet” varieties available today convert their sugar to starch more slowly than the older supersweet varieties and the “sugary enhancer” varieties. Supersweet corn can be yellow, white, or bicolored.

When purchasing sweet corn locally, shop early in the day to get the freshest ears available. Look for corn with husks that are bright green and have well-filled ears with plump kernels. Eat within a couple days for best flavor. Sweet corn is a good source of carbohydrates, B vitamins and fiber.

## Grilled Vegetables

### Ingredients:

- 2 Tbsp vegetable oil
- 2 cloves garlic, finely chopped
- 3 sweet potatoes, cut into 1-inch slices
- 3 cobs of corn, cut into 2-inch sections
- 1 eggplant, cut into 1/2-inch slices
- 12 green onions, trimmed

### Directions:

Mix oil and garlic in a large bowl. Add vegetables and toss. Place vegetables on broiler pan or grill. Cook 10 minutes, turning twice, until vegetables are tender. Place vegetables on a platter. Serve.

## GARLIC

Garlic (*Allium sativum*) is one of the best known herbs in the world. Garlic varieties are categorized as either hardneck or softneck. Hardneck types produce a woody flower stalk — called a scape — while softneck types do not. Hardneck types typically have four to 12 cloves in a single circle surrounding the stiff stalk (which can't be braided) and generally do not store well. Softnecks usually produce 10-40 cloves, can be braided, and may be stored for 6-9 months.

Garlic does best in full sun in well-drained soil high in organic matter. Plant garlic in fall, a week or two after the first killing frost. Early the following spring shoots will emerge. Harvest garlic in mid-summer after half of the leaves turn brown. Store as whole bulbs in a cool place.



<b>Nutrition Facts</b>	
<b>Grilled Vegetables</b>	
Serving Size 1/6 of recipe	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value (DV)*	
Total Fat 6g	9%
Saturated Fat 1g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 34g	11%
Dietary Fiber 8g	32%
Sugars 8g	
Protein 5 g	
Vitamin A	190%
Vitamin C	25%
Calcium	6%
Iron	8%



# IT'S TIME TO RELAX

This month's theme is about the "art of relaxation." It can be difficult in our rushed and busy society to relax, but it is a necessary part of staying healthy! Studies have shown that there are many benefits to relaxing, such as decreasing anger and anxiety, improving your immune system, and even helping you to have a better memory! All it takes is 10 minutes a day, and you'll be on your way to a more cal and "stress-lite" life.

## Technique One — Breathing

We do it all day and all night, but rarely do we think about our own breathing. By paying careful attention to our breathing, we can help relax our minds and bodies.

1. First, get into a comfortable position, sitting or lying down. Perhaps just after waking.
2. Begin focusing on your breath....in, out, in, out.
3. Count your breaths from one to ten, starting over again at one. (If you mind wanders, gently bring it back to your breath).
4. Feel your body relax as you focus on your breathing.

Start with 5 minutes a day, and gradually increase to 10 or 15 minutes when you are ready.

## Technique Two — Mindful Walking

If you have even just one minute to walk, such as from the bus or car into the grocery store, you have one minute to "walk mindfully." For the first time, find a park or an open space (where you won't encounter traffic).

1. First, just stand. Feel the weight of your body.
2. Begin walking at a normal pace. Let your mind focus on each and every step that you take.
3. If your mind wanders, gently bring it back to your steps, feeling the rhythm, paying attention to how your legs, hips, and body feel.
4. When you're ready to stop, stand for a few moments and take a few deep breaths.

## Story Time

Children love to listen to stories and talk about them. It is important to read to children every day.

Your local library is a good source for books. If possible, take the children to visit the library. They can choose books to read. The children's librarian can help find books to read. The children's librarian can help find books that are right for their age. Some children will be able to choose their own books.

Give the children a chance to look at books, turn pages, and look at the pictures. Older children can read to younger children. After you read a story, talk about it with the children.



# AUGUST 2010

## Notes for August

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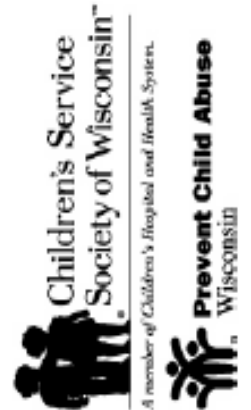


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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Share a favorite song	2 Play leap frog	3 Go for a walk	4 Take a bubble bath	5 Ask for help	6 Draw a rainbow	7 Be helpful
8 Make a goal for the week	9 Dance!	10 Draw how you feel	11 Say "please"	12 Pretend its winter	13 Write a letter	14 Make pizza for dinner
15 Play outside	16 Make up a song	17 Make a family flag	18 Build a sand castle	19 Count things that are blue	20 Tell knock-knock jokes	21 Play hide and seek
22 Talk about going back to school	23 Make someone laugh	24 Count stars	25 Read a book outside	26 Be yourself	27 Brew ice tea	28 Watch the clouds
29 Have breakfast in bed	30 Cut out shapes	31 Bake cupcakes				



Your county  
extension office



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Clark County

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Neillsville, WI 54456-1982  
715-743-5121  
FAX: 715-743-5129

**Return Service  
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CHECK US OUT, WE'RE ON THE WEB! [WWW.CLARK.UWEX.EDU/](http://WWW.CLARK.UWEX.EDU/)

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

If you need an interpreter, materials in alternate formats, or other accommodations to access any programs, activities, or services, please contact the program coordinator at 715-743-5121 as soon as possible (10 days is reasonable) preceding the scheduled event so that proper arrangements can be made in a timely fashion. YF

## WE NEED YOUR HELP!

If you have access to the World Wide Web and like using computers, we invite you to download/ read "Young Families" Newsletter online at <http://clark.uwex.edu/>, click on Family Living and then scroll down to Parenting. This would help us decrease our ever-expanding printing costs.

If you decide to access you newsletter via the web please e-mail us ([theresa.hediger@co.clark.wi.us](mailto:theresa.hediger@co.clark.wi.us)) so we can remove your name from our snail mail list. Also, if the "Young Families" newsletter does not meet your informational needs and you no longer want to receive this newsletter please contact Theresa at the above address or by email.

We appreciate you help!

Julie Simek-Heggebo, Clark County Family Living Agent  
[julie.simek@ces.uwex.edu](mailto:julie.simek@ces.uwex.edu)

Office hours Monday — Friday  
8:00 a.m.—4:30 p.m.