



CARING FOR THE FACES & SPACES OF CLARK COUNTY

**June
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,

Hooray for nice weather! It's been wonderful getting outside, going for long walks and enjoying the outdoors again. The warm weather allowed me to pick a few upcoming dates regarding playgroups throughout the county.

This summer, playgroups will include activities such as singing, reading books and socializing with peers. Upcoming playgroup dates include:

- June 25th, Schuster Park in Neillsville
- July 9th, George Scherer Park in Greenwood
- August 20th, Yellowstone Trail Park in Thorp
- September 3rd, Schuster Park in Neillsville

All playgroups are open to children ages 2-6 years old. All playgroups will be held from 10:00-11:30 a.m. and will be canceled if inclement weather. "Family Fun on Friday's" playgroups are sponsored by UW-Extension and the Clark County Family Resource Center. If you have any further questions please call me at 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. Check this web site to view parenting resources and support services for Clark County families.



FOCUS ON DO INSTEAD OF DON'T

When you set clear limits for your child, you are:

- ◆ Keeping your child away from people or things that might be harmful.
- ◆ Stopping hurtful behavior by the child.
- ◆ Promoting your child's cooperation in family life.

A limit should tell your child what is expected, *when* and *how well*.

Make your directions specific. Decide what you want your preschooler to do before giving directions. Tell your child in simple words. For example, "Every night, after we finish eating supper, you are to take your plate, glass, and flatware over to the sink," lets the child know exactly what to do. In contrast, "Clean everything up after supper," is vague. The child doesn't really know what is expected.

Emphasize the Positive

Children learn the limits better if you emphasize the positive. Tell your child what *to do* rather than only what *not to do*. For example, you might say, "There are many breakable things in this store so please walk carefully and keep your hands to yourself." this is more pleasant and more helpful than, "Don't break anything."

Avoid the Negative

If our speech is loaded with negative words (no, don't, stop it, quit that, cut it out, shut up), our children may tune us out. For example, suppose a preschooler hears "don't touch the cup, don't touch the coffee table, don't touch the flowers, don't fool with the radio, and don't go near the stove." The child may decide that it is dangerous to touch anything and become uninterested in exploring and learning. Or the child may decide that adults just say "no" and that the way to deal with them is to touch as many things as possible. The child may not know that the "no" about the cup full of steaming coffee is more important than the "no" about the

flowers and **must** be obeyed. When you restrict your use of strong negative words to situations of great importance, your preschooler is more likely to hear and obey them.

Dealing with Emotions

Setting positive limits is especially important for helping children deal with their emotions. When your child becomes angry and acts destructively, you are likely to think first of negative limits: "Don't talk to me like that!" "Don't hit your brother!" But, what do you want your child to do? You might say, "Instead of pushing your brother, ask him to move." Or, "When you get angry, tell me how you feel. Say, 'I'm mad.'"

Use more Do's than Don'ts

Tell your child what to do rather than what not to do. Using DO's rather than DON'Ts requires thought and practice. However, the improvement in your relationship with your child will make it worth the effort. Treat your child with the same consideration as you do when you talk with your friends.

DON'T forbids a behavior, but it doesn't *teach* a child the right way to do things. Worse, it can lead to a negative relationship between parent and child, a relationship that seems always focused on what the child is doing wrong. Saying DO rather than DON'T can be the antidote.

Parenting —— the —— Preschooler

<http://parenting.uwex.edu/parenting-the-preschooler/>



FOCUS ON DO INSTEAD OF DON'T

There are two different types of DO's — the **teaching do** and the **redirecting do**.

—**Teaching DO's** give instruction to your child. Use this DO message to teach your child what to do.

—**Redirecting DO's** can be used to distract your child. Rather than saying DON'T to the current activity, offer your child another, more acceptable activity.

Use DO statements to make your message to your preschooler clear and positive. Examine your limits.

- ◆ Are they clear?
- ◆ Will your child understand what is expected?
- ◆ Are they positive?
- ◆ Will your child know what to do as well as what not to do?

Teaching Examples	
DON'T	DO
Don't drag your coat	Hold your coat off the ground like this.
Don't slam the door	Close the door softly.

Redirecting Examples	
DON'T	DO
Don't touch the lamp.	Here, play with this.
Don't color on my magazines.	Color on this paper.

Practice Examples	
Change each DON'T statement into a DO statement	
Change this....to this
Don't throw sand on the lawn.	Keep sand in the sandbox.
Don't spill your juice.	_____
Don't park your bike there.	_____
Don't squeeze the kitty.	_____
Don't run in the store.	_____
Don't talk with your mouth full.	_____

Power of Using DO instead of DON'T

A parent wrote on an Internet parent blog that her daughter was about to pick up a cigarette butt. Instead of saying, "Don't," mother said, "Yucky. Step on it." This redirected the action and is something her daughter now does every time she sees trash. The mother went on to say that she extends the concept to taking dangerous objects away from her child. When her daughter had the infant Tylenol bottle, she picked her up and took her to where they were going to "put it away."

References:

- Eastman, G. (2009). Parent development: A new approach to effective programming. University of Wisconsin-Extension webcast series.
- Parent Hacks. (2006). Tell strong-will toddlers what they should do. Retrieved June 16, 2009, from http://www.parenthacks.com/2006/11/tell_strongwill.html
- Pitzer, R. (n.d.) Love and limits: Parenting with good sense. Minnesota Extension Service. Retrieved June 17, 2009, from <http://www.extension.umn.edu/specializations/youthdevelopment/components/6141-08.html>
- Riley, D. (1994). Discipline presentation for parent support group leader training, Vilas County.

For more information on Parenting and Child Development, contact: Joan E. LeFebvre, Area Family Living Agent, University of Wisconsin, Extension, 330 Court Street, Courthouse, Eagle River WI 54521-8362, 715-479-3653, FAX 715-479-3605, E-Mail joan.lefebvre@ces.uwex.edu May 2010



JUNE IS DAIRY MONTH

JUNE DAIRY MONTH RECIPE CONTEST

Wednesday, June 16

Loyal City Hall

Featuring "Salads"

Registration starting at 7:00 p.m.

Brent Shoup from Community Services will be the speaker; he will be talking about the origination of *Clark Pizza*. If you're interested in listening to the speaker and tasting some samples after the contest, you should arrive at 7:30 p.m. and use the north doors.

The rules are the same as previous years' contests.

- ◆ Two or more generous dairy products must be used in the recipe
- ◆ Entries must be made from scratch
- ◆ One entry per person
- ◆ The recipe must be written out clearly indicating the two or more dairy products and the source of the recipe.
- ◆ The two dairy products must be circled in the recipe.
- ◆ The winner of the recipe contest will be the 2011 chairperson. The winner will be allowed to select prizes, help find entertainment and choose the topic or topics for 2011. You can choose to do as little or as much as your time and availability allows.

The June Dairy Month Recipe contest is sponsored by Clark County Dairy Promotion Committee and UW-Extension. The public is invited to enter and/or attend and sample the winning recipes following the judging and awarding of prizes.



2010 CLARK COUNTY JUNE DAIRY BREAKFASTS

Sunday, June 6

Abbotsford Dairy Breakfast
Bach Farms
W861 County Highway A, Dorchester
7:00 a.m.—12:00 p.m.

Granton FFA Alumni Dairy Breakfast
Granton Fire Station
7:00 a.m.—12:30 p.m.

Saturday, June 12

Thorp Dairy Breakfast
Russell and Deb Behm Farm
N14536 Bruce Mound Ave, Thorp
7:00 a.m.—1:00 p.m.

Sunday, June 13

Neillsville Dairy Breakfast
Calla Ville Dairy
Menno and Kolinda Otten
W4733 County Road. C, Neillsville
7:00 a.m.—12:00 p.m.

Sunday, June 20

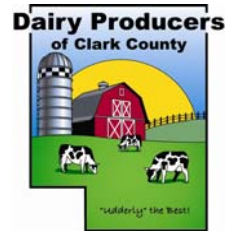
Loyal Dairy Breakfast
Kevin Fellenz Farm
Sandhill Road, Spencer
7:00 a.m.—1:00 p.m.

Sunday, June 27

Colby Dairy Breakfast
RemJem Farm
Rich and Judy Meyer
N11881 County Road Q, Unity
7:00 a.m.—12:00 p.m.

Greenwood Dairy Breakfast
Bruce and Joann Elmer farm
N10449 Owen Ave, Greenwood
7 a.m.—1:00 p.m.

Whether you're a farmer wishing to have a good meal or an appreciative consumer of farm products, celebrating June Dairy Month with your community is a great way to spend your morning.



UPCOMING EVENTS

Family Fun on Friday's

June 25th Schuster Park, Neillsville
(located near A & W)

July 9th George Scherer Park, Greenwood
(located just off of Hwy 73, East Schofield Ave)

August 20th Yellowstone Trail Park, Thorp
(located on County RD X or East Stanley Street)

September 3rd Schuster Park, Neillsville
(located near A & W)

10:00 a.m. - 11:30 a.m.

(CANCELLED IF INCLEMENT WEATHER)



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!

Sponsored by:

UW-Extension AND Clark County Family Resource Center
Questions call UW-Extension at 715-743-5121

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AMERICAN RED CROSS BLOODMOBILE

Mon., June 21 Abbotsford City Hall
12:00—6:00 PM
Tues., June 22 Clark County Health Care Center,
Owen, 12:30-5:30 PM
Mon., June 28 Neillsville American Legion
11:00 AM—6:00 PM
Wed., June 30 Loyal American Legion
12:30—5:30 PM



JUNE WIC SCHEDULE

June 1 Neillsville Clinic & check pick up 9-4
June 2 Neillsville Clinic 9-4
June 8 Abbotsford Clinic 9-4
June 9 Abbotsford Clinic & check pick up 9-4
June 14 Owen Clinic & check pick up 9-4
June 17 Thorp Clinic & check pick up 9-4
June 23 Abbotsford Clinic & late check pick up 9-4
June 25 Owen Clinic & late check pick up 9-12



FAMILY TIME WORK TIME — A BALANCING ACT

THINK BEFORE YOU SPEAK

Did you know that how you say something affects how your child responds? It's always good to think before you speak. Listed below are some "do's" and don'ts."

- If you shout, "Be quiet!" when your child is being noisy it may not get your child's attention. Try whispering or speaking in a soft tone of voice instead. Your child will need to quiet down in order to hear what you are saying.
- Avoid threats such as, "If you don't behave we won't go outside." Children need to move and get exercise. They need to run off extra energy. Your child will behave better when you give her chances to run and play and be active every day.
- "Eat your lunch or no snack." Children are not always hungry at meal time. If that happens, just calmly say, "You must not be hungry now." Then end the meal. Children have small stomachs. If they skip a meal they really need a snack in an hour or two. Serve healthy foods for snacks. Remember, a hungry child will eat!
- Do you find yourself reminding your child to share? That does not come naturally to young children. They need to be at least three or four years old before they understand sharing. Show your child how to take turns. One way to teach taking turns is to roll a ball back and forth or play catch with your child.
- Be clear when telling your child to do something. Try to eliminate the word "don't." Say what you "do" want your child to do such as, "You need to roll the ball on the floor. You can throw it when we go outside to play."
- What does "be nice" mean? When you tell your child to be nice there is no specific meaning and that can be confusing for your child. Tell your child exactly what you want her to do, such as "Keep your hands away from your brother."
- How many times have you heard an adult say to a child, "You are bad!" All that does is make the child feel negative about himself. It does not teach him what you want him to do. You can say, "I don't like it when you hit someone. Hitting hurts." What you say should let your child know you don't like a certain behavior, but be sure to let him know you always love him.

KEEPING SAFE DURING THUNDERSTORMS

Here are some ways to keep safe when there is a thunderstorm:

- If the weather appears threatening, listen to your local news, check online, or turn on a NOAA weather radio to find out what the weather reports say.
- Look for signs of a storm such as dark skies, lots of wind, and lightning.
- Cancel or postpone outdoor events when there are warnings of thunderstorms. Be aware that people can be struck by lightning in a stormy area even if it is not raining at the time.
- If there is a severe thunderstorm warning, find shelter in a building or vehicle with the windows closed. Mobile homes are not a safe place to be if there are high winds.
- If you hear thunder, go indoors! The National Weather Service recommends staying inside for at least thirty minutes after thunder ends.
- Avoid electrical equipment, including computers and telephones, during a thunderstorm. Use battery powered radios.
- Shut windows and close outside doors. Stay away from windows.
- Do not take a bath, shower, or use water during an electrical storm.

FAMILY GARDENING

A good family project is planting a family garden. Your child can help with the planning and the planting. Plant some seeds or seedlings of favorite foods and your child can learn about how they grow. Keep it simple and start with just a few. If your gardening project goes well you can always add to it. If you do not have a yard for a garden plot, try a container garden. You can plant seeds or seedlings in large pots to put on a patio or porch.

Teach your child that plants need light, water, and good soil to grow. Keep safety in mind: use untreated seeds, check labels on potting soil bags for harmful chemicals, and find out if plants and seeds are poisonous. Contact the National Poison Control hotline at 800-222-1222 for information on poisonous plants and seeds.

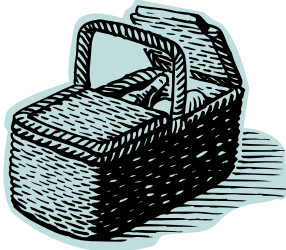
Put your child in charge of one plant or a section of your garden. She can prepare the soil and the seeds for planting. Show her how to use the right amount of water. Enjoy growing things with your child.



FAMILY TIME WORK TIME — A BALANCING ACT

SUMMER FUN

This time of year there are many things for families to do together. Outdoor times can be fun family times. Plan some picnics. If you do not have time to go somewhere for a picnic, just have one at home in the backyard or on the porch or deck.



Take your child for walks. A walk around the block can turn into a nature walk. It's also a chance for you to talk together about all kinds of things. Kids love to hear about when mom and dad were little.

When it starts to get dark, go outside to look for fireflies. Your child will enjoy the "magic" of seeing them blink on and off.

Does your family like camping? If you can't get away, try pitching the tent in your back yard for a night or two. Your family can have a camping adventure right at home!

Plan some family outings. A trip to the zoo or the beach can be so much fun. Local sports events, such as baseball or softball games, can be inexpensive family times together. You might want to try a museum or art gallery. Many have special programs for children. Don't forget your public library. Many have summer programs for kids of all ages.

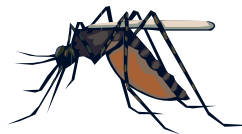
SUMMER SAFETY TIPS

- ◆ **Water safety** — Drowning is the leading cause of unintentional death for children under age four. Parents should not be lulled into feeling that their child is safe around water if the child has some water skills and feels comfortable around water. These skills are not enough to keep them "drown-proof" or safe. For infants and toddlers, an adult needs to always provide **touch supervision**. That means being no more than an arm's length away from a child around any source of water. Children must be closely supervised around all sources of water which include pails, bathtubs, toilets, ponds, creeks, streams, rivers, lakes, wading pools, above-ground swimming pools, and in-ground swimming pools.

- ◆ **Boating** — Have children wear U.S. Coast Guard approved life vests, also known as PFDs (personal flotation devices)



- ◆ **Riding bikes** — Start the "helmet habit" early. Children should always wear a properly fitted helmet when riding a bicycle or a scooter. They need to wear helmets and protective pads when rollerblading or skateboarding.
- ◆ **Play equipment** — Supervise children whenever they use play equipment, especially around swings, slides, and climbers. Make certain play equipment is in good repair with no sharp edges. To prevent burns, check the play equipment to see if it is cool.
- ◆ **Time in the sun** — Protect children while they are in the sun by using sunscreen with a SPF of 15 or higher. Find a shady area where kids can play out of the sun. Always have drinking water available.
- ◆ **Grills, barbecues, and bonfires** — Adults need to supervise children around a fire. Keep lighter fluid, lighters, and matches out of children's reach.
- ◆ **Safe travel** — Remember to use seat belts and approved car seats or booster seats whenever your child rides in a vehicle. It is the law! Young children should ride in the back seat to avoid air-bag injuries. Call 1-800-CAR-BELT for more information about car seat and seat belt safety.
- ◆ **Lawn mowers** — Keep children away from lawn mowers.
- ◆ **Closed vehicles** — Closed vehicles become extremely hot and dangerous. No child should ever be left alone in a vehicle. Make sure this never happens.
- ◆ **Poisonous plants and berries** — Teach your children to not pick or eat anything without first checking with an adult. Know what plants are in your yard.



- ◆ **Insect bites** — Reduce the risk of insect bites and stings by having children wear light-colored clothing and shoes. Never use insect repellent on infants. Use it sparingly on older children.



CLARK COUNTY SPONSORED FARMERS' MARKETS

CITY	LOCATION	DAY	TIME
Abbotsford	East Town Mall 1011 East Spruce	Tuesdays & Saturdays	2-6 PM 8 AM — 1 PM
Greenwood	203 E Schofield Ave	Wednesdays	2-6 PM
Loyal	Across from Kwik Trip 139 N Main	Tuesdays & Saturdays	2-6 PM 8 AM — Noon
Owen	Friends of the Old School 112 W 3rd St	Saturdays	8 AM — Noon
Thorp	Garrison Park 118 N Washington	Wednesdays	Noon — 4 PM



Taste Testing at the local markets

Wednesday, July 14

Greenwood 2-4 PM

Thorp 12-2 PM

Saturday, July 17

Neillsville 8-10 AM

Loyal 8-10 AM

Wednesday, August 18

Greenwood 2-4 PM

Thorp 12-2 PM

Saturday, August 21

Neillsville 8-10 AM

Loyal 8-10 AM

Don't Bug Me!



Summer weather brings insects and bugs. This can mean bug bites, which can be an annoyance. For some people a bite or sting can mean a serious medical emergency.

Here are some tips to help prevent bug bites or stings:

- Avoid areas where stinging and biting insects live and nest.

- Keep food covered outdoors.
- Clean outdoor eating, barbecue, and garbage areas regularly.
- Avoid disturbing insect nests while mowing or gardening.
- Remember, the things that attract insects are perfumes, sprays, lotions, bright colors, bright or flowered print clothing, and public trash baskets.

WHAT TO DO IF YOUR CHILD IS STUNG

If your child is stung by an insect, such as a bee, wasp, hornet, yellowjacket, or fire ant, it is important to monitor him carefully. Sometimes a child will have an extreme allergic reaction to a bite. This is called anaphylaxis or anaphylactic shock. This can happen to anyone, even someone without known allergies to insect bites.

Get medical attention for anyone who shows any of the following symptoms:

1. Itching of the skin and a raised rash (hives)
2. Flushing, swelling of the tissues of the lips, throat, tongue, hands, and feet
3. Wheezing, shortness of breath, coughing, hoarseness
4. Headache
5. Nausea, vomiting, abdominal cramps
6. Loss of consciousness



SUMMER SQUASH (ZUCCHINI) & BASIL VEGETABLE & HERB OF THE MONTH

SUMMER SQUASH (ZUCCHINI)

Zucchini is one of the most popular of the many types of summer squash (*Cucurbita pepo*).

Zucchini is easy to grow. Plant 4-5 seeds in hills 2-3 apart. The flowers are bee-pollinated so leave them uncovered to allow for fruit set. Pick every few days to maintain plant productivity.

Squash vine borer can severely affect or kill plants by mid-season. Otherwise, zucchini has few pests or diseases.

When harvesting or purchasing zucchini, choose ones that are small to medium-sized (2-3" in diameter), firm and without soft spots or wrinkled skin. They will last for up to a week in a plastic bag in the crisper drawer of the refrigerator.

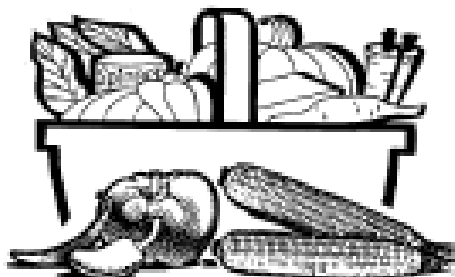
Zucchini is a good source of fiber, potassium, and vitamin C. Zucchini is also a good source of the carotenoids lutein and zeaxanthin.

BASIL

(*Ocimum basilicum*)

Sweet basil is a warm season annual herb with highly aromatic leaves that has a pleasant spicy odor and taste somewhat like anise or cloves. There are many different cultivars of sweet basil — large and dwarf forms, with green, purple, or variegated leaves — that can be ornamental as well as edible. Some have distinctive flavors such as cinnamon or lemon.

Basil is easily grown from seed, or can be purchased as small potted plants. Sow seeds directly in the ground after all danger of frost has passed or start indoors 4-6 weeks before setting out for earlier harvests.



Basil requires temperatures above 50° to grow, but does best in hot weather. Plant in full sun and well-drained soil. Pinch off the terminal shoots to encourage branching and tender new growth, and slow down flower production.

Pasta Primavera

Ingredients:

- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup sliced zucchini
- 1 cup macaroni or rotini pasta
- 1 Tbsp flour (for sauce)
- 1 Tbsp margarine (for sauce)
- 1 cup skim milk (for sauce)
- 1 tsp chopped fresh basil (for sauce) or 1/4 tsp dried basil
- 1/8 tsp black pepper (for sauce)
- 2 Tbsp Parmesan cheese (for sauce)



Directions:

Steam vegetables until crisp-tender, and cook macaroni according to package directions. In a small saucepan, melt margarine and blend in flour. Gradually stir in milk and seasoning. (Do not add cheese at this time.) Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese. Pour over hot vegetables. Add macaroni and mix together.



IT'S SNACK TIME!

The kids are getting hungry, but it's not yet time for lunch (or dinner)! It's a great time to grab a healthy snack. But what are good healthy snacks to choose? Sliced apples with nut butter, veggie sticks with ranch dressing, and/or whole grain crackers with cheese are all good choices. Visit a local farmers market—they often have recipes and info about their produce. Also, keep in mind that processed snack foods designed for children are often full of refined sugar and chemicals like artificial colors and flavors and have little nutrients! Here are two easy and healthy snack recipes that are kid-tested and full of healthy ingredients.

Peanut Butter Boulders

Wet ingredients

- 1/2 cup peanut/nut butter
- 1/4 cup honey
- 1/3 cup powdered milk
- 1 tsp. lemon juice

Dry ingredients

- 2 cups oat ring/other cereal
- 1/3 cup dried fruit
- 2/3 cup chop nuts/sunflower seeds

Directions: In a large bowl, combine peanut butter, honey, powdered milk and lemon juice. Stir in cereal, dried fruit and sunflower seeds.

Moistening hands with water as needed, roll cereal mixture into balls. Set on wax paper until outsides feel dry, about 30 minutes. Makes 30. Store in refrigerator for up to 5 days.

Aunt Ellie's Snack Mix

Ingredients

- 3/4 of a 12 oz. box of Kashi Honey Sunshine Cereal
- 1 cup raisins
- 1 cup peanuts (or other nuts)
- 3/4 cup sunflower seeds
- 3/4 cup chocolate chips

Directions: Mix all ingredients together in a large bowl. Enjoy!

It's the Berries!

Applesauce Surprise

Drop a few fresh berries into bowls of applesauce. Watch the children's faces when they find the surprise in their bowls.

Strawberry Pineapple Smoothie

- 1/2 cup pineapple chunks
- 1 cup strawberries, halved or sliced
- 1 banana, peeled and sliced into 1/2 inch pieces
- 1-2 Tablespoons honey
- 2 cups milk



Place all ingredients in a blender or food processor and blend until smooth. Pour into glasses and enjoy! Makes 4 (1-cup) servings.

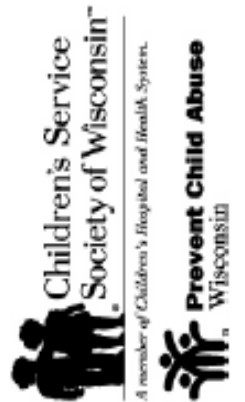
CAUTION: Uncooked honey may make young children sick. Do not give honey to children under 2 years of age.



JUNE 2010

Notes for June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Make cereal treats*	2 Say 10 nice things	3 Have a family sing-a-long	4 Finger paint	5 Enjoy popcorn and a movie
6 Make a bird feeder	7 See how quiet you can be	8 Share credit for something	9 Stretch	10 See how fast you can run	11 Draw your favorite place	12 Go for a long walk
13 Visit a farm	14 Explore with a magnifying glass	15 Make ice cube tray popsicles	16 Go to an outdoor concert	17 Play Frisbee	18 Play in a sprinkler	19 Write a poem about summer
20 Go out for ice cream	21 Learn about your community	22 Plan a dream vacation	23 Look for wild flowers	24 Support a fundraiser	25 Be honest when asked a question	26 Go to the farmer's market
27 Play ball outside	28 Set up a lemonade stand	29 Talk about being a good citizen	30 Invite a friend to dinner			



Your county
extension office



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Clark County

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FAX: 715-743-5129

**Return Service
Requested**

CHECK US OUT, WE'RE ON THE WEB! 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) 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

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

