



CARING FOR THE FACES & SPACES OF CLARK COUNTY

**October
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 Families:

Bill Kehl will perform at the Clark County Family Fall Festival on Saturday, October 16th. Bill will entertain Clark County children and their families beginning at 11:00 a.m. in the Greenwood High School cafetorium. This free event once again hopes to attract over 600 children and their families.

Bill is a musician and performer from rural Waushara County, WI. He is celebrating over 30 years of making music in Wisconsin and the Midwest. Bill continues to offer educational and interactive musical presentations to audience of all ages everywhere.

In 1993, Bill founded Planetary Productions, Ltd., a small company dedicated to increasing environmental awareness among young people. One of his most widely performed acts is known as **"Earth, Music...Magic!"** This program includes a dynamic demonstration and interactive performance with a large share of his primitive instrument collection from all over the world. It is an animated and innovative perspective on the discovery and development of musical instruments.

While at the Clark County Fall Festival, Bill will not only perform on the main stage in front of a large crowd, but will also provide opportunities for individuals and/or small groups to try their hand at playing the various drums and other instruments that he will be bringing with him to the performance.

The Clark County Family Fall Festival, sponsored by the Clark County Interagency Coordinating Council for Children and Families, offers families a day of free entertainment and fun. Other entertainers throughout the day include Patrick Squires (Juggler), Daisy Ray the Clown, "Tow Mater", demonstrations by Derrico's Black Belt School, as well as over 25 interactive booths. The event runs from 10:00 a.m. to 3:00 p.m., and numerous door prizes will be given to families from each of the communities in Clark County.

Any questions relating to the Family Fall Festival can be directed to co-chairpersons – Sue Voigt at 715-743-5198 or Julie Simek-Heggebo at 715-743-5126.



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.



CHOKING PREVENTION FOR PRESCHOOLERS

Choking is a risk for preschoolers. Even though toys with small parts carry a warning that they are “not for children under 3,” the average age of children who die from choking incidents is 4.6 years.

Researchers at the Children’s National Medical Center and the George Washington University School of Medicine in Washington reviewed information from a national database of children’s hospitalizations in 2003. The study, published in 2010, reviewed data from 2003 pediatric patients who were admitted for choking to over 3,000 hospitals in 36 states. That year, 2.7 million children were treated for choking and nearly 2,000 died. The average age of the affected children was 3.5 years. The death rate shows that choking is absolutely not a benign health issue, but an extremely serious one. Lost lives are not the only cost associated with choking. On average, children who were admitted to the hospital spent 6.4 days there and underwent two procedures to remove the object at an average cost of \$34,652.

In the study, forty-two percent (42%) of the choking culprits were food items, with the rest classified as “inorganic” products, mostly toys.

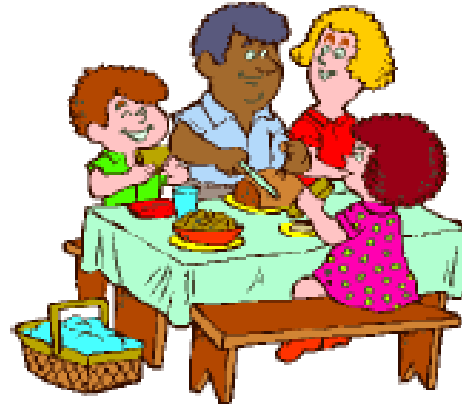
Tips for Preventing Choking

KidSource and SafeKids offer these tips to reduce the chances of choking.

At Mealtime

⇒ Insist that your child eat at the table, or at least sit down. Never leave a child unattended when eating. Encourage your child to eat slowly and chew food well. Make eating calm and unhurried. Watch for “chipmunking” — when a child fills his cheeks with food and doesn’t swallow it. Avoid feeding your child while walking, playing, or riding in the car.

⇒ Cut up foods that are firm and round and can get stuck in your child’s airway, such as:



- Hotdogs: Always cut hotdogs length-wise and then into small pieces. (Hotdogs are to blame for around 17 percent of food-related asphyxiations among children.)
- Grapes: Cut them into quarters.
- Raw vegetables: Cut them into small strips or pieces that are not round.

⇒ Other foods that can pose a choking hazard include:

- hard or sticky candy, such as whole peppermints or caramels
- nuts and seeds (Don’t give peanuts to children under age 7.)
- popcorn
- spoonfuls of peanut butter
- ice cubes and cheese cubes
- dried fruits, including raisins

PARENTING _____ the _____ PRESCHOOLER

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



CHOKING PREVENTION FOR PRESCHOOLERS

During Playtime

- ⇒ Consider purchasing a small parts tester to determine whether toys and objects in your home may present a hazard to young children. If you do not have a small parts tester, you can use an empty toilet paper roll, which is slightly larger in diameter than a small parts tester. Do not let young children play with anything that can fit into these cylinders.

- ⇒ Don't allow young children to play with toys designed for older children. Teach older children to put their toys away as soon as they finish playing so young siblings can't get them.

- ⇒ Check under furniture and between cushions for dangerous items young children could find. Get on the floor on your hands and knees so you are at your child's eye level. Look for small items including:
 - coins
 - marbles
 - watch batteries (the ones that look like buttons)
 - pen or marker caps
 - cars with small rubber wheels that come off
 - small balls or foam balls that can be compressed to a size small enough to fit in a child's mouth

- ⇒ Never let your child play with or chew on uninflated or broken latex balloons. Many young children have died from swallowing or inhaling them.

- ⇒ Regularly check toys for damage that may have created loose small parts. Damaged or dangerous toys should be repaired or thrown away immediately.



- ⇒ Don't let your small child play on bean bag chairs made with small foam pellets. If the bag opens or rips, the child could inhale these tiny pieces.

Children of all ages are susceptible to choking, but kids younger than five are especially vulnerable because they have fewer (and smaller) molars, weaker chewing ability, and narrower airways than older children and adults. Most dangerous of all, they're prone to putting things in their mouths—unlike older children. In addition to the tips for safety, become familiar with life-saving techniques such as child cardiopulmonary resuscitation (CPR), abdominal thrusts (Heimlich Maneuver), Automated External Defibrillators (AED) or calling 911. Sign up to receive product recalls with the Consumer Product Safety Commission at www.cpsc.gov.

References:

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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 October 2010



UPCOMING EVENTS

CLARK COUNTY AMERICAN RED CROSS BLOOD DRIVES

•Thursday, October 14, Clark County Health Care Center, Owen, 12:30-5:30 PM



•Monday, October 25, Neillsville American Legion 11:00 AM—6:00 PM

•Tuesday, November 16, Loyal American Legion 12:30—5:30 PM

•Wednesday, November 17, Thorp Fire Hall 12:00 Noon — 6 PM

PRESERVING YOUR BOUNTY TUESDAY, OCTOBER 26 COURTHOUSE AUDITORIUM NEILLSVILLE 6:30 PM

Julie Simek-Heggebo, Clark County Family Living Agent and Mary Jane Struensee, Clark County Master Food Preserver will teach you about: dehydrating, canning, freezing and using a food saver.



OCTOBER WIC SCHEDULE

- Oct 5 Neillsville Clinic & check pick-up 9-4
- Oct 6 Neillsville Clinic 9-4
- Oct 11 Owen Clinic & check pick-up 9-4
- Oct 12 Abbotsford Clinic 9-4
- Oct 13 Abbotsford Clinic & check pick-up 9-4
- Oct 14 Neillsville Clinic & late check pick-up 9-4
- Oct 21 Thorp Clinic & check pick-up 9-4
- Oct 22 Owen Clinic & late check pick-up 9-12
- Oct 27 Abbotsford Clinic & late check pick-up 9-4

FAMILY HEALTH EXPO

Saturday, October 23, 2010
Memorial Medical Center, Neillsville
8:00 AM—12:00 PM

Everyone is welcome to attend!

Great for people with:

- High deductibles on your health insurance
- No insurance
- Limited budget for medical expenses



Car Seat Safety Clinic—8:00-10:00 AM; Technicians inspect your child's car seat, give you installation tips and check for manufacturer's recalls. For information contact Julie Simek-Heggebo, Clark County UWEX, 715-743-5121.

Appointments scheduled for full physical screenings. All other services done on a first-come, first-serve basis.

BECOMING A LOVE AND LOGIC PARENT

Put the fun back in parenting!

This four-week course help parents and children establish a rewarding relationship built upon love and trust. Topics include:

- Responsibility
- Ownership
- Empathy
- Control
- Setting limits
- Consequences

The Clark County UW-Extension and Clark County Family Resource Center will be offering these classes on Wednesday evenings November 10, 17 and December 1 & 8 at the Neillsville Public School from 5:30 to 7:30 p.m.

Free child care provided.

To register contact the Clark County UW-Extension office at 715-743-5121.





All Clark County children, toddlers to 12, are invited to this free event.
 Children must be accompanied by an adult.

Live Entertainment!

11:00 a.m. Bill Kehl — Music and Fun
 (on stage in the cafetorium)

All Day Patrick Squires — Juggler
 Daisy Ray the Clown, Eau Claire
 Tow Mater—Draxler's Service Center, Hewitt
 Seat Belt Demonstration — Rollover Simulator
 Demonstrations by Derrico's Black Belt School
 Interactive Booths for Children and Youth

Food Available 10:30 a.m.—1:30 p.m. at a Low Cost

Registration Area hosted by Christine Lindner—63rd Alice in Dairyland—as well as Clark County Royalty

The Family Fall Festival is organized by the Clark County Interagency Coordinating Council for Children & Families, with contributions by county businesses, organizations, & agencies.

Note: This is not a school sponsored event.



FAMILY TIME WORK TIME — A BALANCING ACT

Protecting Your Children

Parents, be alert. It's up to you to keep your child safe in and around vehicles. Here are some ways to keep your child safe:

- Get in the habit of always checking to make sure your child is not in your vehicle when you get out. Even the most loving parents can have tragedies strike when they are distracted by other things in their busy lives and forget their child is in the car. Think it can't happen to you? Let's hope not, but it's good to double check every time you get out of your vehicle. Unfortunately, since the law that requires children to ride in the back seat of vehicles was passed there have been more cases of parents leaving their children in a vehicle. A child may fall asleep and not be noticed.
- A tip to use as a reminder to check that your child is not left in the vehicle is to get in the habit of leaving your cell phone or purse in the back seat so you will remember to look in the back when you get out.
- You might think it's safe to leave your child in your vehicle when you just want to run into a store for a minute or two to get something but it's not. What if you got side-tracked or delayed by something in the store?
- Get gas at the gas pump without leaving your car

by using your debit or credit card.

- Teach your child not to play in or around vehicles.
- Hyperthermia can occur in a short time on a hot day. Even on relatively mild days, with temperatures in the 70's, vehicles heat up quickly and temperatures can become dangerous for a child in just a few minutes.
- Children can be attracted to playing in a car or truck, so it's important to lock your vehicle every time you get out of it, even in your garage or driveway. Always take your keys with you.
- Keep your keys out of reach of your children.
- Walk around your vehicle to make sure no one is behind or under it before getting in. It's important to know where children are at all times.
- Make sure everyone is buckled up in their safety seats or seat belts before you start the car — every time!
- Supervise your children when they are playing in the yard, driveway, or a parking lot.
- Power windows can be a danger for children. Keep children away from power window switches. If your vehicle has a child prevention latch, make sure to activate it.
- **A responsible adult is the best safety protection for children!**



GRANDPARENTS

Grandparents can have a special relationship with their grandchildren. When they live in your area it is easier to for them to spend time with your child and they can have many enjoyable moments together. A grandparent often has time and patience to listen to a child and more time to do some fun activities.



For grandparents who live far away, more effort is needed to keep in touch and stay close. This can be done by sending photos regularly in the mail or using the computer, keeping in touch by telephone or email, and sending cards and postcards. Your child can draw pictures to send to their grandparent. These are treasured mementos! The important thing is to have frequent contact to maintain those special grandparent/grandchild relationships.



FAMILY TIME WORK TIME — A BALANCING ACT

Music, Music, Music

Music is fun and can be entertaining. It can also be a soothing way to spend time. Do you know that children develop both physically and mentally through music? Sing and dance with your child. If you do not have a great singing voice, don't worry. Just have fun singing songs together. That's what your child will remember.

- You can sing old songs and nursery rhymes. When you sing or chant these you teach your child to love words. Young children love to repeat and they learn through repetition, so sing songs and chant rhymes over and over again.
- When your child is young you can softly sing a lullaby and put your child's name in it. This can start a



tradition that will always be special for your child.

- Play the radio in the car and sing together.
- Make up songs together. Try making up silly songs. This can be great fun!
- Dance to music. Music and movement teaches children awareness of their bodies. They also develop self-confidence and fine motor skills.
 - Listen to music CDs. Children can learn the concepts of loud and soft, fast and slow, and pitch. Listening to music can encourage children to be creative.
 - Your child can put on a show for other family members or friends.
 - Expose your child to different kinds of music.
 - Use music to enhance your child's creativity. You may even want to play some music when your child does art

projects.

Kitchen Instruments

Why not make an instrument for each family member to form a family band? Take your band on a parade around the house, yard, or neighborhood. Here's how to make your own instruments from things you can find around the house:

Drum—use an empty oatmeal box or coffee can with a plastic lid. Children can color and paste paper decorations on the sides of the box or can. Use two wooden spoons or two smooth sticks for drumsticks.

Jinglers — Metal measuring spoons on a ring make a terrific jingling sound.

Ringers—Sew the ends of a six-inch piece of elastic to make a small circle. Attach several bells securely to the outside of the band.

Tub Kazoos—Collect cardboard toilet paper or paper towel tubes; cut paper towel tubes in half to make two. Cover one end of the tube with wax paper. The kazoo is "played" by humming into the open end of the tube.

Cymbals—Make cymbals by using two lids from pots and pans.

Guitars—Stretch a variety of rubber bands around an empty shoe-box.



OCTOBER SNACKS

Apples! Peaches! Pumpkin Pie! Who's not ready?

Are you ready for some yummy fruit snacks? Choosing snacks made of fruit is a good step in eating healthy. Another healthy step is in properly cleaning fruit.

When cleaning fruit, The Partnership for Food and Safety Education recommends:

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards, counter tops, peelers, and knives that will touch fresh fruits or vegetables before and after food preparation.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

Pocket Apple Pie

4 flour tortillas
2 large apples
4 teaspoons brown sugar
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg

Warm tortillas in microwave to make them easier to handle. Peel and chop apples into small pieces and place 1/4 of the apples on half of each tortilla. Stir together brown sugar, cinnamon, and nutmeg, and sprinkle over the fruit. Roll up the tortillas, starting at the end with the fruit, and place on an ungreased baking sheet. Make small slits in the tortillas to allow steam to escape. Bake at 350 degrees for 8-12 minutes or until light brown. Serve warm or cool.



Easy Cheesy Crunch Peach Pie

3 (15 oz.) cans sliced cling peaches, packed in 100% juice
4 cups low-fat granola cereal, divided
2 tablespoons corn syrup
1 (8 oz.) package fat-free cream cheese, softened

Drain peaches; reserve juice. Combine 3 cups granola, corn syrup, and 1/2 cup juice. Press mixture to form crust into a 9" glass pie pan. Dice 1 cup of peaches. With electric beater, combine diced peaches and cheese. Spread mixture over crust; chill. Prior to serving, top with peach slices and remaining granola.

(Recipe from California Cling Peach Growers Advisory board)

Apricot Pitas (Serves 2)

4 apricots, seeded and thinly sliced
2 pita bread pieces (4 halves)
1 cup low-fat or nonfat cottage cheese
12 thin slices of cucumber or red bell pepper
Fill each pita with cottage cheese, apricots, and cucumber or pepper slices.

Select fresh apricots that are plump, firm and orange-gold. Avoid those tinged with green as they may never develop full flavor. Unripe apricots should be stored in a paper bag on the kitchen counter. Once apricots are ripe, store them in the refrigerator for 1-2 days.

Lions, Tigers, and Bears — Pumpkin Pie!

1 1/2 tsp butterscotch instant sugar-free pudding mix
1/4 cup fat free milk
1/4 cup canned pumpkin puree
1/8 tsp pumpkin pie spice
Assorted animal crackers

In a small freezer-weight, plastic bag, combine pudding mix and milk. Close bag and shake about one minute. Add pumpkin puree and spice to bag. Shake to mix. When mixed, cut a hole in the bottom corner and squeeze mixture into a cup. Use assorted animal crackers as spoons to eat the pie!



IT'S BRAIN TIME!

This month's highlights are about playing to help sharpen your brain. Our brains continue to form new pathways — well into adulthood. So it turns out you CAN teach an old dog new tricks! Giving your brain exercise is a great idea to help prevent cognitive decline — and best of all, it's easy to do! Even very simple things like brushing your teeth with your opposite hand can improve your brain function.

For Adults.....

Try some of these fun brain exercises:

- ☺ Do something a different way: use your opposite hand to: brush your teeth, dial the phone, or comb/brush your hair.
- ☺ Learn something new! Try checking out a book from the library about a topic in which you are interested.
- ☺ Start or complete a crossword puzzle.
- ☺ Try Sudoku! Sudoku is a number grid game that is addictive and fun.



- ☺ Play a game! Card games and board games stimulate your mind.
- ☺ Try adding or subtracting numbers in your head.
- ☺ Estimate your store total as you put items in your cart, and then calculate the sales tax you'll pay.

For kids....

For kids, you can incorporate learning into everyday experiences:

- ☺ When you are at the store, talk about the price of the items you are buying. Show how different brands are different prices (for an older child discuss unit price or the cost of buying multiple items).
- ☺ Find letters in street or store signs (for an older child, play a letter game where you have to find every letter of the alphabet in street/store signs).
- ☺ Cut pictures from an old magazine. Draw cartoon speech balloons for people in the pictures and let your child think of what they might be saying. An older child can write in the words.
- ☺ Use goofy rhymes and alliteration throughout the day!

COATS FOR KIDS PROJECT

Do you have any coats or winter clothing (hats, gloves, snow pants, etc.) that you no longer use? We want them for those that might do without in our communities.

- Coats of ALL SIZES are needed — infant to adult
- Only new or in good condition / clean used items

We will distribute coats and winter outerwear to any member of the community in need on:

Saturday, October 30
Neillsville American Legion Post 73
10:00 a.m.—2:00 p.m.

Saturday, November 6

Loyal High School Gym
10:00 a.m.—2:00 p.m.

If you have any questions/concerns contact:
Nancy Olson 715-613-9533,
Amanda Hensiak 715-937-4354,
or Erin Gurney 715-937-4330.

Thank you for your contribution to this cause.



VEGETABLE & HERB OF THE MONTH — SQUASH & CHIVES

Squash



Choose squash that are firm, have a hard, tough skin, free of cracks or soft spots. The skin of winter squash should be dull. Squash that have a shiny skin are immature and not sweet. The size you pick depends on your needs. There is

no such thing as an oversized winter squash. One pound serves 2.

Storage — Winter squash can be stored uncut in a cool dry place. Do not store in a refrigerator. They can keep up to three months.

Preparation — Scrub and wash dirt off skin with cold water. Some types of winter squash can be difficult to cut. When cutting squash use a heavy knife, cut in half (lengthwise), and scoop out seeds. For squash that are impossible to cut before cooking, cook them whole.

Key nutrients — Vitamin A for vision, healthy skin, and resistance to infection. Carbohydrates for energy.

Chives

Chives are probably the easiest herbs to grow in the garden. They can be added to just about any meal you would normally add onions to, and they're very good for you!



You can eat every part of the chive plant. The edible flowers add color to the salad bowl or other garnish, the grass-like leaves can be cut up and added to cooked potatoes, salads, sauces and even sandwiches, and the bulb can be used as a mild onion.

Chives like sun but do like a little shade during long hot summers. They are fairly good at tolerating drought conditions, but are happiest in moist well-drained soil.

Place chive plants in different parts of the garden, so you've always got something to pick and eat!

Chives do very well from seed. Plant a few seeds in a pot very early in the year and keep warm and watered

until the seedlings are large enough to plant outside.

Plant out in well dug soil, preferably with some organic compost mixed in. You won't need to feed chives once they're in the ground, unless your ground is particularly poor, in which case you should give the chive plants a monthly feed.

Keep weed-free and watered until well established.

Growing chives in containers is also possible! Keep a pot in the kitchen. Remember to water and the plant will see you right through the season. When the flowers start to die back, cut the plant down to about 2-3 inches high and the chives will grow again.

Chives are best eaten fresh off the plant, but it's possible to store them.

Butternut Squash Aux Fines Herbs

- 1 lb. butternut squash
- 1 tsp olive oil
- 1 cup thinly sliced onion
- 3 large mushrooms, thinly sliced
- 1/4 cup low-sodium chicken stock
- 1/2 tsp fresh tarragon
- 1 Tbsp fresh parsley
- 1 1/2 tsp fresh chives, snipped

Directions:



Peel the squash, remove the seeds and cut into 3/4 inch cubes. (To make peeling easier, prick the squash with a fork and microwave on high for 5 to 10 minutes). Heat the oil in a large nonstick frying pan over medium-low heat, and add the onions and mushrooms. Saute for about 5 minutes or until the onion softens. Add the squash and low-sodium chicken stock. Cover tightly and cook until the squash is tender, approximately 20 minutes. (If you are using dried chervil and/or tarragon, add these after 15 minutes of cooking.) Remove the cover, and cook a minute or two longer to evaporate most of the remaining liquid. Sprinkle on the parsley and chives, and also the fresh chervil and/or tarragon, if used.



OCTOBER 2010

OCTOBER NOTES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>3</p> <p>Exercise as a family</p>	<p>4</p> <p>Lay under colorful fall leaves</p>	<p>5</p> <p>Paint a picture</p>	<p>6</p> <p>Rake leaves</p>	<p>7</p> <p>Watch your favorite show together</p>	<p>8</p> <p>Walk like a duck</p>	<p>9</p> <p>No complaining today</p>
<p>10</p> <p>Clean your room while dancing</p>	<p>11</p> <p>Pretend you are an astronaut</p>	<p>12</p> <p>Make a nutritious snack</p>	<p>13</p> <p>Call your best friend</p>	<p>14</p> <p>Sing in the shower</p>	<p>15</p> <p>Run around your home together</p>	<p>16</p> <p>Family slumber party!</p>
<p>17</p> <p>Work on a puzzle together</p>	<p>18</p> <p>Learn about saving money</p>	<p>19</p> <p>Find where you live on a map</p>	<p>20</p> <p>Laugh a lot today</p>	<p>21</p> <p>Listen to classical music</p>	<p>22</p> <p>Invite the neighbors to dinner</p>	<p>23</p> <p>Visit a pumpkin patch</p>
<p>24</p> <p>Carve pumpkins</p>	<p>25</p> <p>Learn about state candidates</p>	<p>26</p> <p>Visit a new park</p>	<p>27</p> <p>Write a poem about your family</p>	<p>28</p> <p>Talk about things that scare you</p>	<p>29</p> <p>Do laundry together</p>	<p>30</p> <p>Call Grandma to say hello</p>
<p>31</p> <p>Go to the library</p>						



Your county
extension office



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Cooperative Extension
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.