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UW
Extension
Cooperative Extension
Clark County

August 2011



Young Families Newsletter

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Dear Young Family,

The start to our summer has finally arrived and the produce from our gardens is ready for preserving. Here are some tips for a successful home canning season.

- 1. Start with a research-tested recipe.** Just because a recipe is in print, doesn't mean its safe. A tested recipe makes sure that the product is safe and of high quality. A great place to be looking for testing recipes is the National Center for Home Food Preservation www.uga.edu/nchfp/ or www.foodsafety.wisc.edu
- 2. Use recipes that are up to date.** Canning recommendations have changed over the last 15 years. If you are using recipes that date before 1994, it's a good idea to set them aside and find an up-to-date recipe that has been tested for safety.
- 3. Make sure your equipment is in good working order.** A pressure canner will have a dial gauge or a weighted gauge. Dial gauge canners should be tested every year for accuracy; weighted gauges do not need testing. The Clark County Extension office will test your dial gauge for free! You should replace canner gaskets every 2-3 years. A boiling water canner should have a flat bottom, so that it fits nicely on the stove top, and a tight-fitting lid.
- 4. Assemble jars and other items.** Use standard home canning jars, not mayonnaise jars, and check the jars to make sure they are not chipped or cracked. Always use 2-piece lids, purchase them new every year and sort through screw bands to make sure they aren't rusted. Garage sales are a great source for canning jars; however make sure they were designed for canning. Other equipment that makes canning easier include, jar fillers, tongs, and lid wands.
- 5. Leave your creativity behind!** Home canning is one area where being creative can lead to food safety disasters. So, begin with an up-to-date, research-tested recipe and carefully follow the directions. Don't make ingredient substitutions, unless they are allowed and follow the recipe direction step-by-step.

Follow these easy steps to ensure that the food you can is safe. If you have further questions regarding food preservation, call me at 715-743-5121.

Julie Simek-Heggebo

Young Families Newsletter

A free newsletter edited by
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WHAT'S YOUR PARENTING STYLE?

Understanding parenting styles gives insight into both parent behaviors and outcomes for children.

Dimensions of a Parent's Behavior

- Parent **responsiveness** (warmth and nurturing) refers to the degree to which a parent responds to a child's needs in an accepting, supportive manner.
- Parent **discipline** (control and demandingness) refers to the extent a parent expects and demands mature, responsible behavior from the child.

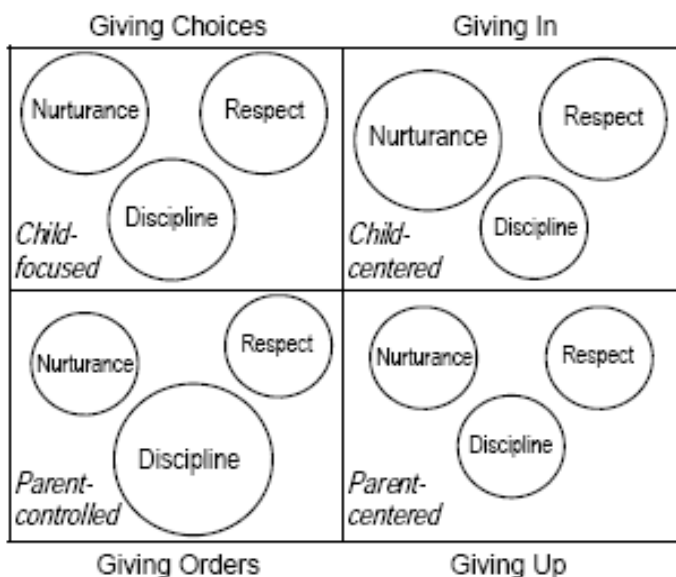
		Discipline (control)	
		High	Low
Responsiveness (warmth)	High	Giving Choices	Giving In
	Low	Giving Orders	Giving Up

Parenting Styles

- **Giving Choices** - Parents who nurture and discipline their child. They set high standards and expectations, consistently enforce rules, and encourage independence. A give-and-take communication, with the ability to listen is key.
- **Giving In** - Parents who nurture their children, but do not discipline them much or well. Although they show love and give attention, they make few demands and set no guidelines or structure for their children. They often give in to emotional pressure (whining and threats) by their children.
- **Giving Orders** - Parents who discipline their children but are not very nurturing. These strict parents value obedience and discourage independence. They do not like their authority to be questioned.

- **Giving Up** - Parents who neither nurture nor discipline their children. These parents spend a minimal amount of time and effort with their child. They are unavailable to the child. Parent drug use, mental health issues, and immaturity are possible reasons.

In addition to nurturing and discipline, another aspect of parenting is showing respect. Respect means giving children freedom of thought and expression. It's just as important as "love" and "limits." It's giving your child the ability to express thoughts and feelings openly which leads to higher self-esteem and confidence. Positive parenting begins with a balanced approach of nurturing, disciplining, and respect.



WHAT'S YOUR PARENTING STYLE? (CONTINUED)

Outcomes for Children			
Giving Choices	Giving In	Giving Orders	Giving Up
<ul style="list-style-type: none"> • Think before acting • Take responsibility for actions/choices • Learn to resolve conflicts • Not to blame others for their actions/choices • Respect for choices <p style="margin-top: 10px;">Best on all measures</p>	<ul style="list-style-type: none"> • Always get "own" way • Trouble getting along with others • Do as they please • Don't know how to behave • Act spoiled 	<ul style="list-style-type: none"> • Be "bossy" • Comply or rebel • Expect payment • Fear or resent parent • Can become "sneaky" 	<ul style="list-style-type: none"> • Lacks self-control • Less competent than peers • Rebellious • Irresponsible • May show signs of psychological distress <p style="margin-top: 10px; text-align: center;">Worst on all measures</p>

To help you begin to discover your parenting style, check all of the items you believe to be true for you.

1. I believe that it is better not to have rules than to worry about breaking them.
2. Children should obey their parents and not talk back.
3. Children should be given choices.
4. Children can get along pretty well if you just leave them alone.
5. My own problems are so consuming I don't have time or energy for my child.
6. What I do won't make a difference, so I've given up with my child.
7. Sometimes children have a point. I try to listen to them.
8. I make the rules of my household. Children should be punished for not following these rules.
9. Children should be allowed their own sense of individuality.
10. I have high standards which I expect my child to understand and I enforce rules consistently.
11. Parents should do as much as they can for their children (making their beds, getting their snacks, dressing them).
12. When my child misbehaves, I yell and threaten.
13. If I discipline my child, I am afraid he/she won't love me.
14. I know what's best for my child, after all I'm the parent.
15. I let my child do what he/she wants because I want to avoid conflict.
16. I have so many other things to do, the children will just have to make it on their own.

Find the numbers you checked below:

Giving Choices	3	7	9	10
Giving Orders	2	8	12	14

Giving In	1	11	13	15
Giving Up	4	5	6	16

Most parents find they have characteristics of more than one style. It's important to assess your parenting style and make adjustments, if and where you feel necessary, to achieve the best outcomes for your child.

References:

Darling, N. (1999). *Parenting styles and its correlates*. Clearinghouse on Elementary and Early Education. EDO-P5-99-3. Retrieved January 31, 2011 from <http://www.athealth.com/Practitioner/ceduc/parentingstyles.html>.

Kight, Georgia and Roseboro, Jackie. (1998). *Positive guidance and discipline*. North Carolina Cooperative Extension Service.

LeFebvre, Joan E. (1999). *Parenting Styles: Positive Parenting of Teens*. Minnesota Extension Service and University of Wisconsin-Extension.

Raising a Thinking Child curriculum. (2009). University of Wisconsin-Extension.

MILK CHOCOLATE BAKING CONTEST

Saturday, August 13

Fine Arts Building, Clark County Fairgrounds

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.

Sponsored by:
 Clark County Dairy Promotion
 Clark County Fair Board
 Clark County UW-Extension
 WCCN
 UW-Extension

Milk Chocolate Baking Contest Rules:

1. Contest is open to any individual; one entry per person.
2. Entry must be made from “scratch” (no mixes).
3. Entry must be baked.
4. Recipe must contain milk chocolate.
5. 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.



JUNE DAIRY MONTH RECIPE CONTEST

The June Dairy Month Recipe Contest featuring “Dips” was held at the Loyal City Hall on Wednesday, June 15th. Donna Streiff, Clark County Master Gardener gave a short presentation on *growing herbs*.

Alice Tews of Neillsville won the 2011 Clark County June Dairy Month Recipe Contest with “Wisconsin Cheese Dip.”

Other top winners were:

- 2nd – Avis Becker of Loyal with *Chili Cheese Dip*;
- 3rd – Maryanne Olson of Loyal with *Creamy Fruit Dip*;
- 4th – Irma Johnson of Neillsville with *Creamy Cheese Fruit Dip*;
- 5th – Alissa Durham of Neillsville with *Lemon Fruit Dip*;
- 6th – Gwen Pigott of Loyal with *My Fruit Dip*;

- 7th – Bailey Bravener of Loyal with *Easy Chicken Enchilada Dip*;
- 8th – Holly Erpenbach of Neillsville with *Pizza Dip*.

The top eight winning recipes are available from the Clark County UW-Extension Office by calling 715-743-5121 or send a self-addressed stamped envelope to JDM Recipes, 517 Court Street, Room 104, Neillsville, WI 54456.

Awards presented to the recipe contestant winners and contestants were made available by contributions from agri-business firms to the Clark County Dairy Promotion Committee.

Wisconsin Cheese Dip

- 1 package Hidden Valley Original Seasoning
- 2 - 8 ounce cream cheese
- 6 ounces beer
- 6 ounces shredded Cheddar Cheese

Mix well. Good with pretzels.

Thank you to the following businesses for donating cheese and butter for this event:

Grassland Dairy Products
Nasonville Dairy
Holland’s Family Cheese
North Hendren
Lynn Dairy

TRANSITIONING BACK TO SCHOOL TIPS

Before school starts

1. Good physical and mental health. Schedule doctor and dental checkups early. Discuss any concerns you have over your child's emotional or psychological development with your pediatrician.
2. Mark your calendar. Make a note of important dates, especially back-to-school nights, bus schedule, etc.
3. Make copies. Make copies of all your child's health and emergency information for reference.
4. Buy school supplies early. Try to get the supplies as early as possible and fill the backpacks a week or two before school starts. Some teachers require specific supplies, so save receipts for items that you may need to return later.
5. Re-establish the bedtime and mealtime routines. Plan to re-establish the bedtime and mealtime routines (especially breakfast) at least 1 week before school starts. Include pre-bedtime reading and household chores if these were suspended during the summer.
6. Turn off the TV. Encourage your child to play quiet games, do puzzles, flash cards, color, or read as early morning activities instead of watching television. This will help ease your child into the learning process and school routine.
7. Visit school with your child. If your child is young or in a new school, visit the school with your child. Meeting the teacher, locating their classroom, locker, lunchroom, etc., will help ease pre-school anxieties and also allow your child to ask questions about the new environment.
8. Designate and clear a place to do homework. Older children should have the option of studying in their room or a quiet area of the house. Younger children usually need an area set aside in the family room or kitchen to facilitate adult monitoring, supervision, and encouragement.
9. Select a spot to keep backpacks and lunch boxes. Designate a spot for your children to place their school belongings as well as a place to put important notices and information sent home for you to see. Explain that emptying their backpack each evening is part of their responsibility, even for young children.



The First Week

1. Clear your own schedule. To the extent possible, postpone late work meetings, volunteer meetings, and extra projects. You want to be free to help your child acclimate to the school routine and overcome the confusion or anxiety that many children experience at the start of a new school year.
2. Make lunches the night before school. Older children should help or make their own. Give them the option to buy lunch in school if they prefer and finances permit.
3. Set alarm clocks. Have school-age children set their own alarm clocks to get up in the morning. Praise them for prompt response to morning schedules and bus pickups.
4. Leave plenty of extra time. Make sure your child has plenty of time to get up, eat breakfast, and get to school. For very young children taking the bus, pin to their shirt or backpack an index card with pertinent information, including their teacher's name and bus number, as well as your daytime contact information.
5. Review your child's schoolbooks. Talk about what your child will be learning during the year. Share your enthusiasm for the subjects and your confidence in your child's ability to master the content.
6. Send a brief note to your child's teacher. Let the teachers know that you are interested in getting regular feedback on how and what your child is doing in school. Be sure to attend back-to-school night and introduce yourself to the teachers. Find out how they like to communicate with parents (e.g., through notes, e-mail, or phone calls).



UPCOMING EVENTS

AUGUST WIC SCHEDULE

- Aug. 2 Neillsville Clinic & check pick up 9-4
- Aug. 3 Neillsville Clinic 9-4
- Aug. 8 Owen Clinic & check pick up 9-4
- Aug. 9 Abbotsford Clinic 9-4
- Aug. 10 Abbotsford Clinic & check pick up 9-4
- Aug. 11 Neillsville Clinic & late check pick up 9-4
- Aug. 18 Thorp Clinic & check pick up 9-4
- Aug. 19 Owen Clinic & late check pick-up 9-12
- Aug. 24 Abbotsford Clinic & late check pick-up 9-4

AMERICAN RED CROSS BLOOD DRIVE

- Aug. 16 Thorp Fire Hall, 12-6 PM
- Aug. 18 Owen Health Care Center, 12:30 PM — 5:30 PM
- Aug. 22 Neillsville American Legion, 11 AM — 6 PM
- Sept. 6 Loyal American Legion, 12:30 PM — 5:30 PM

PROFICIENT PARENTING SERIES

A parenting series, *Proficient Parenting* is being offered in 2011 through the Clark County UW-Extension office. The parenting series will cover topics to increase parenting skills and knowledge. If you're a new parent or a parent looking for additional ideas plan to attend this year long parenting series. The classes will be held at the Central Clark County Community Child Care Center (7 C's) in Greenwood from 6:00-8:00 p.m. with free childcare available.

- * August 29th—*Positive Parenting and Interactions*
- * September 19th—*Nutrition and Healthy Family Choices*
- * October 24th—*Safety and Supervision of Your Child*
- * November 28th—*Age Appropriate Discipline*
- * December 19th—*Family Roles and Systems*

If you're interested in attending one or all of the sessions, please call the Clark County UW-Extension office at 715-743-5121 to register or for additional information. All classes are free and open to the public.

2011 CLARK COUNTY AG & HOUSEHOLD CLEAN SWEEP



FRIDAY, SEPTEMBER 9
8:30—11:30 AM LOYAL
2—5 PM OWEN

SATURDAY, SEPTEMBER 10
9 AM — 1 PM NEILLSVILLE

For more information or a registration form contact: Clean Sweep, UWEX, 517 Court St Rm 104, Neillsville WI 54456 or call 715-743-5121. Registration deadline: Thursday, September 1, 2011

We take the following items:

- agricultural chemicals
- automotive chemicals
- household chemicals
- lawn & garden chemicals
- medications
- unknown chemicals
- appliances
- tires
- batteries



We will not take the following:

- waste motor oil and antifreeze
- household batteries
- propane cylinders
- explosives
- infectious and biological wastes
- radioactive materials (smoke alarms)
- latex paint**

**Latex paint is NOT a hazardous waste (it is a water-based product), but is a liquid waste that must be properly disposed. Dispose of your latex paint by opening the cans and let dry or pour kitty litter or sand in a lined box and let dry. Place the can or boxes in the trash after the paint has hardened.

CLARK COUNTY FAIR — NEILLSVILLE, WISCONSIN AUGUST 10-14, 2011

ADMISSION

Season Pass \$10.00

At the Gate:

Adult \$5.00 Children 6-11 \$2.00
5 & Under—Free

K&M RIDES & AMUSEMENTS A MIDWAY OF FUN

PRE-SALE

WRIST BAND Coupons

\$12.00 ADVANCE

\$15.00 AT THE FAIR

Times for wristbands

Thursday: 6-10 pm

Friday: 12-4 pm & 6-10 pm

Saturday: 12-4 pm

Sunday: 12-4 pm

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

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

WEDNESDAY, AUGUST 10

7:30 P.M. Miss Clark County with
Refreshments to follow, Dog and Cat
Judging

THURSDAY, AUGUST 11

7:00 p.m. Farm Tractor Pull
Exhibitors Entry Day

FRIDAY, AUGUST 12

9:00 a.m. 4-H Dairy Judging
3:00 p.m. Free Pedal Tractor Pull for age
groups 4 yrs. to 12 yrs., 3 trophies per
age group
7:00 p.m. Men's Club Truck Pull
9:00 p.m. "The Back Trax" at the Beer Garden

SATURDAY, AUGUST 13

Senior Citizens Day

Citizens over 60 \$3.00 all day at the gate

9:00 a.m. Pleasure Horse Show
10:00 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. "Desperate Ottos" at Beer Garden

SUNDAY, AUGUST 14

8:30 a.m. Church Services / WCCN Radio Tent
8:30 a.m. Open Class Dairy
10:00 a.m. Draft Horse Hitch Show
1:00 p.m. Men's club Demo Derby



FRUIT & HERB OF THE MONTH

Blueberries

Clark County Nutrition Coalition and UW-Extension continue its "Fruit & Herb of the Month," educational series with blueberries & nutmeg being the August fruit/herb.

Fresh berries are very fragile and should be washed briefly and carefully and then gently patted dry if they are not organic. Wash berries just prior to use to not prematurely remove the protective bloom that resides on the skin's surface. When using frozen berries in recipes that do not require cooking, thaw well and drain prior to using. For cooked recipes, use unthawed berries since this will ensure maximum flavor. Extend the cooking time a few minutes to accommodate for the frozen berries. You may notice that berries used in baked products may take on a green color. This is a natural reaction of their anthocyanidin pigments and does not make the food item unsafe to eat.



Available year round, blueberries can be found in many forms including fresh, frozen, juice, puree, concentrate, and dried.

One cup of fresh blueberries (143 grams) is 84 calories, five grams of fiber - more than most fruits and vegetables - and 15% of your daily vitamin C. Blueberries are ranked No. 1 fruit in antioxidant activity. They are also a good source of manganese and both soluble and insoluble fiber like pectin.

Fun Blueberry Ideas

- Add frozen blueberries to your breakfast shake.
- Fresh or dried blueberries add a colorful punch to cold breakfast cereals.
- For a deliciously elegant dessert, layer yogurt and blueberries in wine glasses and top with crystallized ginger.
- Blueberry pie, cobbler and muffins are classic favorites that can be enjoyed throughout the year.
- Blueberry jam is a great treat on toast.

Nutmeg

Nutmeg, spice consisting of the seed of the *Myristica fragrans*, a tropical, dioecious evergreen tree native to the Moluccas, or Spice Islands, of Indonesia. Nutmeg has a distinctive, pungent fragrance and a warm, slightly sweet taste; it is used to flavour many kinds of baked goods, confections, puddings, meats, sausages, sauces, vegetables, and such beverages as eggnog. Grated nutmeg has been used as a sachet; the Romans used it as incense. Around 1600 it became important as an expensive commercial spice of the Western world and was the subject of Dutch plots to keep prices high and of English and French counterplots to obtain fertile seeds for transplantation. The nutmegs sold whole were dipped in lime to prevent their sprouting.

Rainbow Fruit Salad

- 1 large mango, peeled & diced
- 2 cups fresh blueberries
- 2 nectarines, unpeeled & sliced
- 2 cups halved fresh strawberries
- 2 cups seedless grapes
- 2 bananas, sliced
- 1 kiwi fruit, peeled & diced
- 1/3 cup fresh orange juice
- 2 Tbsp lemon juice
- 1 1/2 Tbsp honey
- 1/4 tsp ground ginger
- dash nutmeg

Directions:

Prepare the fruit and place in a large bowl. Combine orange juice, lemon juice, honey, ginger, and nutmeg in a small bowl. Whisk together until well combined. Just before serving, pour honey orange sauce over the fruit.



Build a Rain Barrel Workshops

Wednesday, August 17
Neillsville Courthouse Parking Lot
&
Wednesday, August 24
Greenwood Legion Hall

Both workshops will be held at 6-7:30 p.m.



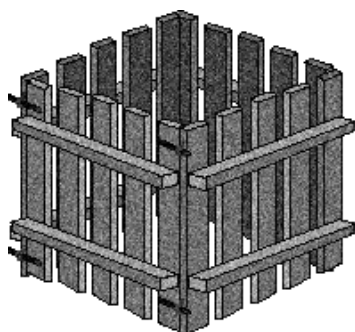
Use a rain barrel, conserve water, reduce storm runoff, and save money!

Participants will construct a rain barrel to take home and immediately use. All of the materials and 55 gallon barrel will be provided. Learn how to make a rain barrel, conserve water and save money!

Call 715-743-5121 for more information and to pre-register for this workshop. Pre-registration is required. Cost of the rain barrel workshop is \$20.

Composting Workshops ***Reduce, Reuse, & Recycle***

Use a compost bin — promote soil health and save money!



Tuesday, August 23
Greenwood Legion Hall
&
Tuesday, September 20
Loyal Legion Hall

Both workshops will be held at 6-7:30 p.m.

Call 715-743-5121 for more information and to pre-register for this workshop.

Workshops are sponsored by:
Clark County UW-Extension & Clark County Master Gardeners

CANNING PUBLICATIONS AVAILABLE

The Clark County UW-Extension office has the following canning publications available to help you with your canning needs:

- Making Jams, Jellies & Fruit Preserves
- Freezing Fruits & Vegetables
- Homemade Pickles & Relishes
- Tomatoes Tart & Tasty
- Canning Vegetables Safely
- Canning Salsa Safely
- Canning Fruits Safely
- Canning Meat, Wild Game, Poultry & Fish Safely



If you would like a copy of any of these publications, please contact Theresa at 715-743-5121.

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 this program, activity, or service, 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.

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