

Your county  
extension office



**UW**  
**Extension**  
Cooperative Extension  
Clark County

February 2011



## Young Families Newsletter

<i>In this issue</i>	<i>Page</i>
Setting Limits with Young Children	2-3
Clark County Taxi	3
Family Time Work Time A Balancing Act	4-5
Helpful Programs in Clark County	6
Upcoming Programs	7-8
Vegetable & Herb of the Month	9

### Dear Young Family,

A new carbon monoxide detector law will take effect February 1, 2011 in the State of Wisconsin. The law states that all homes and duplexes are required to have a carbon monoxide detector on all levels of the home. The carbon monoxide detectors can be the plug-in type or battery operated.

A carbon monoxide detector must be within 75 feet of a fuel burning device and within 15 feet of each bedroom in the home. Carbon monoxide detectors are not required in the attic or storage areas of a home.

There is no penalty for not complying however; this law should save lives as an estimated 2,000 Americans die each year due to carbon monoxide poisoning.

As of April 1, 2011, carbon monoxide detectors will be required in all dwellings with three or more units.

For additional information contact me at the Clark County UW-Extension office, 715-743-5121.

Sincerely,

Julie Simek-Heggebo  
Family Living Agent



### Young Families Newsletter

A free newsletter edited by  
Julie Simek-Heggebo  
Family Living Agent  
julie.simek@ces.uwex.edu

## SETTING LIMITS WITH YOUNG CHILDREN

Adapted from *Setting Limits and Standing Firm*, Ohio State University

What's the one thing that you can give to your children and you'll never hear them say — "Thanks. I really needed that!"? The answer is limits. So what are limits and why are they so important?

Children need to learn how to live in a social world—how to be safe and how to interact with others. Establishing boundaries and limits for children's behavior is key! Early on, you set limits for your baby by using distraction. Your infant began to "get into things", and so you took something away or gave something else to play with. You might have said, "No, don't touch!" or perhaps picked and moved your child. You were setting limits.

As children grow, they continue to need limits for reasons of their own safety and wellbeing, as well as that of others. Besides wanting our children to be safe, parents want their children to learn to behave according to values and grow up to become good people. It is especially important to set limits on behavior that are consistent with your values. Having external limits includes setting up rules and expectations that are communicated clearly to your child (for example: bedtime routines, taking plates to the sink, using words instead of hitting). You must also ensure that there are reasonable consequences for not staying within the limits. Clearly communicating what you expect when a child cleans his room, for example, ensures that your preschooler takes responsibility and knows how well it should be done.

Children who are raised without limits may withdraw, because they are unsure of the boundaries for acceptable or safe behavior. Some

children might deliberately misbehave to "test the limits" and see if anyone will step in and provide limits and boundaries. Children don't exactly "ask" for limits, but feel much more comfortable in a world that provides limits and boundaries for their own and others' behavior. If you have not been consistent in providing limits for your children, you can expect that they will be resistant at first. It is important to be firm, and clear in your own mind about what your limits are for your family.

Here are some guiding principles:

### Limit Your Limits

Limits must reflect your deeply held values. This conviction is what you draw on every time the limit is broken or tested, and you must enforce it. Children respond to limits that are real priorities for parents. Reduce the number of limits to the ones that really count. Limiting behavior that harms others or is deliberate disobedience is important at any age.

### Set Reasonable Limits

What are reasonable limits? Reasonable means limits that allow a child to succeed. You are in the best position to determine "reasonable." Tune into your child's individual personality and needs. Some limits are unreasonable because they are not humanly possible. Expecting too much can lower self-esteem and cause stress in

your child. Your child may become angry for failing or may give up even trying. Or your child may also become angry and more defiant. Either way, if children cannot be good at succeeding, they are going to be tempted to be good at failing.

### Clear and Positive

Children know what we expect of them only when we tell them in clear terms. Limits tell children what to do and how well it should be done. Make sure you have their attention. Children who understand the limits are much more likely to assume responsibility for their actions.

### Consistent

Limits should not change from day to day or setting to setting. Inconsistently enforced limits are confusing to children. Parents should discuss and agree on limits before they are presented to the children so there is a consistent response. This discussion and a consistent response will eliminate the, "Well, mom always lets me do that when you aren't here." If children receive mixed messages about limits, they will test the limits more often.

### Adapting

Many limits continue from year to year. Expecting children to treat one another's possessions carefully is a reasonable limit at any age. Other limits should be



Parenting  
— the —  
Preschooler

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

## SETTING LIMITS WITH YOUNG CHILDREN (CONTINUED)

changed as children grow older. Yet knowing when to make these changes and explaining them to children can be a difficult challenge for parents. Fortunately, your setting limits parenting skills improve with practice.

### Input

Your children often have wonderful ideas and opinions about limits. By involving them in "limit discussions," you are more likely to gain your children's cooperation to meet the limit. "Discussions" do not always mean agreement. For some limits, there is no appeal process regardless of the child's protests.

### Whys

Explain the "why" behind the limit. Can a child verbalize the reason

for the limit? Explanations make sense only if the limits are reasonable, clear, positive, enforceable, and very dear to values and convictions. When your children understand the "whys," they are more likely to accept them.



### Enforceable

Children are going to "try" the limit, and you must be willing to stand tough. In testing your limit, children are testing parental commitment to their word. Your children want you to love them enough to stand up for your deepest beliefs consistently.

References:  
Oliver, K. (undated). Setting limits and standing firm. Ohio State Extension Fact Sheet HYG-5317-98. retrieved on August 3, 2010, from <http://ohioline.osu.edu/hyg-fact/5000/5317.html>

Keys to practicing effective limits:

- Show interest in what your child does to make it easier to distract them from misbehavior.
- Ask your child to restate the rule.
- Use humor to make a point or remind children what you expect of them.
- Express strong disappointment about a misbehavior.

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](mailto:joan.lefebvre@ces.uwex.edu)  
January 2011

## CLARK COUNTY TAXI

*Affordable Transportation for All Clark County Residents!*

Van Capacity: One Wheelchair, 3 Individuals  
Contact: 715-743-3364 or 800-236-8438

2011 Days/Hours of Service	2011 Fares: (One Way)	
<b>Zone One:</b> Wednesdays 8:00 a.m. to 12:30 p.m.	Adult	\$5.00
	Senior Citizen (60+)	\$3.00
<b>Zone Two:</b> Tuesdays 8:00 a.m. to 5:00 p.m.	Disabled	\$3.00
	Child (under 18) 1st child under 5 free (Under 5 needs attendant)	\$3.00
<b>Zone Three:</b> Mondays 8:00 a.m. to 5:00 p.m. Wednesdays 1:00 p.m. to 5:00 p.m.	Parcel Delivery	\$5.00
	Additional stops	\$2.00 (per stop)



- |  |   |
|--|---|
| <p><b>Zone One</b></p> <ul style="list-style-type: none"> <li>• Neillsville</li> <li>• Granton</li> <li>• Spencer</li> <li>• Loyal</li> <li>• Greenwood</li> </ul> | <p><b>Zone Two</b></p> <ul style="list-style-type: none"> <li>• Greenwood</li> <li>• Loyal</li> <li>• Spencer</li> <li>• Unity</li> <li>• Colby</li> <li>• Abbotsford</li> <li>• Dorchester</li> <li>• Curtiss</li> <li>• Owen</li> <li>• Withee</li> </ul> |
| <p><b>Zone Three</b></p> <ul style="list-style-type: none"> <li>• Greenwood</li> <li>• Withee</li> <li>• Thorp</li> <li>• Stanley</li> <li>• Owen</li> </ul>       |   |



## FAMILY TIME WORK TIME — A BALANCING ACT

### You Can Help Your Child Learn to Write

You might think your child won't start learning to write until she knows her letters and is beginning to learn to read. You might be surprised to learn that children begin learning to write when they are very young as soon as they are given crayons, markers, or a pencil and a piece of paper. What looks like scribbling is really a beginning writing skill and the process of learning to write has already begun.



#### Here are some ways you can give your child chances to learn and practice writing skills:

- Provide lots of paper of various sizes and types, pencils, crayons, and washable markers for your child to use every day.
- Read stories often to your child, then have him tell you a story that he makes up. Write the story down and have your child illustrate it.
- Make some labels listing objects around your home and see if your child can match the words with the objects.
- When making a shopping list, talk with your child about the things you are writing on the list. Take her shopping with you and have her cross off items on the list after you have selected them.
- You can make a scrapbook about your family, using photos and your child's drawings about family trips and special occasions. Write down what each thing is.
- Keep a journal with your child and encourage him to talk about important things that happened during the day. Help your child write those things in the journal.
- When you are sending a note or an email to a friend or relative, ask your child if she has a message to add to yours.
- Have your child dictate a list to you and go over it together.
- Teach your child to recognize words on street signs and stores.
- When going on a special family outing, such as a trip to a zoo, a park, or sporting event, have your child tell you about it and write down what she says. She can draw pictures to complete the story.

### Outdoor Play is Important All Year Long



Children benefit from outdoor time. It keeps them healthy. Dress your child appropriately each day for outdoor play when he is at child care. State child care regulations require that children go outside every day except

in extreme weather. In the cooler weather your child will need a warm jacket or coat, a hat or hood, mittens or gloves, a scarf, and boots. Your child will not be able to stay inside, so make sure you provide the right clothing.



### Snacks to Celebrate With!

#### Monkey Mix

Ingredients:

- 1 cup dried banana chips
- 1 cup flaked coconut
- 1 cup chocolate chips
- 3 cups Cheerios

Mix all the ingredients in a gallon-size zip-top bag. Shake well. Yield: 6 cups. Makes 12 servings.



#### Cinnamon 'Sicles

Ingredients:

- 1 cup plain yogurt
- 1 cup applesauce
- 1 tablespoon honey
- 1/2 teaspoon ground cinnamon
- 4 (4-ounce) paper cups
- Aluminum foil
- Popsicle-style sticks

Combine yogurt, applesauce, honey, and cinnamon in a medium bowl; mix well. Pour the mixture into the paper cups, filling the cups three-fourths full. Cover the paper cups with foil. Make slits in the centers of the foil covers. Insert the sticks in the slits. Place the cups in the freezer. When the mixture is frozen, peel off the paper cup and eat.

\*These recipes are not intended for infants and young toddlers.



## FAMILY TIME WORK TIME — A BALANCING ACT (CONTINUED)

### Is it a Cold or the Flu?

Your child is not feeling well. You think she may have a cold, but maybe it's the flu. How do you tell the difference? It's often difficult. Listed below are the symptoms for you to compare.

SYMPTOMS	COLD	FLU
Fever	Rare	Usual: high (100-102 degrees F, occasionally higher, especially in young children: lasts 3 to 4 days
Headache	Rare	Common
General aches & pains	Slight	Usual; often severe
Exhaustion	Never	Usual: at the beginning of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest discomfort, Cough	Mild to moderate; Hacking cough	Common; can become severe
Treatment	Antihistamines Decongestants Non-steroidal anti-inflammatory medicines	Antiviral medicines — See your doctor
Prevention	Wash your hands often with soap and water; avoid close contact with anyone with a cold	Annual vaccination; Antiviral medicines — See your doctor Wash hands frequently
Complications	Sinus congestion Middle ear infection Asthma	Bronchitis, pneumonia, can worsen chronic conditions; can be life threatening. Complications more likely in the elderly, those with chronic conditions, young children, and pregnant women

### Avoiding the Flu

Children over 6 months of age and adults working with children should have this year's flu vaccine. It is not too late and is the best way to prevent flu. Also, frequent hand washing and coughing/sneezing into your arm away from people is important to prevent the spread of germs. More information is available at the U.S. Department of Health and Human Resources Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov). Go to the section on Seasonal Influenza Flu.

## HELPFUL PROGRAMS IN CLARK COUNTY

### BadgerCare+ (Health Insurance)\*

Health insurance coverage for:

- All children (birth to age 19) regardless of income
- Pregnant women with family income up to Category G (see table)
- Parents and relatives who care for a child with family income up to Category E
- Parents whose children are in foster care with family income up to Category E
- Farmers and self-employed parents with family income (minus depreciation) up to Category E
- Young adults (ages 18-20) who are leaving foster care regardless of income

Contact the Clark County Department of Social Services at (715) 743-5233 or apply at: [access.wi.gov](http://access.wi.gov).

### BadgerCare+ Express Enrollment\*

Children younger than age 1 who have a family income up to Category F, children 1 through 5 up to Category D, children 6 through 18 up to Category C, and pregnant women up to Category G can get immediate, short-term coverage. To get longer-term coverage, a full application must be completed.

Visit [www.badgercareplus.org/gethelp.htm](http://www.badgercareplus.org/gethelp.htm) for a list of providers who may be able to help you.

### BadgerCare+Core Plan for Childless Adults\*

Provides coverage for adults ages 19-64 who do not have dependent children under age 19. Family income may be up to Category E. Applicants will be charged a non-refundable application fee.

Call: (800)291-2002 or apply at: [access.wi.gov](http://access.wi.gov).

\*NOTE: All BadgerCare+ programs are for U.S. citizens or lawfully present immigrants. Access to other health insurance may impact eligibility. There may be deductibles, premiums and copayments.

### Wisconsin Home Energy Assistance

Pays a portion of household energy bills. You may qualify with family income up to Category C, effective for the 2010-2011 heating season.

Contact Clark County Department of Social Services at: (715) 743-5233.

### FoodShare (Food Stamps)

Provides a debit card called the QUEST card. You can use this at grocery stores to buy healthy food. FoodShare helps people of all ages who have low incomes. You may qualify for FoodShare with family income up to Category B. Contact the Clark County Department of Social Services at: (715) 743-5233 or apply at: [access.wi.gov](http://access.wi.gov)

### WIC

Women, Infants and Children Program provides healthy food and referrals to health care. This program is for pregnant women and new mothers. This program is also for infants and children up to age 5. You and your children may qualify with family income up to Category D.

Contact the Clark County Health Department at: (888) 298-5299.

### Wisconsin Shares (Childcare)

Pays for some childcare costs for families with limited incomes. You may qualify if you have a child under 13 or a child with special needs under 18. You need to be either working, in school or in job training. Your family income may be up to Category D.

Contact the Child Care Resource & Referral of Central Wisconsin, Inc. at: (800) 628-8534.

### Wisconsin Works (W-2)

This is a cash assistance program for people who have children under age 19 living in the home and for people who have lost their job but do not qualify for Unemployment Insurance. You may qualify with family income up to Category A.

Contact the Clark County Department of Social Services at: (715) 743-5233

### Free/Low Cost School Meals

Provides free or low cost meals at school. Your children may qualify for free meals with family income up to Category B. Children may qualify for reduced meals with family income up to Category D.

Contact your local School District office.

Monthly Family Income Levels							
These numbers are for 2010. they will go up in 2011.							
Group Size	Category A 115% FPL**	Category B 130% FPL**	Category C 150% FPL**	Category D 185% FPL**	Category E 200% FPL**	Category F 250% FPL**	Category G 300% FPL**
1	\$1,038	\$1,173	\$1,354	\$1,670	\$1,805	\$2,256	\$2,708
2	\$1,396	\$1,578	\$1,821	\$2,246	\$2,428	\$3,035	\$3,643
3	\$1,755	\$1,984	\$2,289	\$2,823	\$3,052	\$3,815	\$4,578
4	\$2,113	\$2,389	\$2,756	\$3,399	\$3,675	\$4,594	\$5,513
5	\$2,472	\$2,794	\$3,224	\$3,976	\$4,298	\$5,373	\$6,448
For each additional person add:							
	\$359	\$406	\$468	\$577	\$623	\$779	\$935

\*\*FPL=Federal Poverty Level. This level is determined by the U.S. Department of Health and Human Services. Federal Poverty Levels for all family sizes can be found at: [dhs.wisconsin.gov/medicaid/fpl/fpl.htm](http://dhs.wisconsin.gov/medicaid/fpl/fpl.htm).

## UPCOMING PROGRAMS

### 2nd Annual Taste of Clark County

Clark County has strong agricultural tradition and with that comes opportunities for processing and selling the products that are produced. With that in mind, Clark County UW-Extension will be hosting the 2nd Annual "Taste of Clark County" on Saturday, March 12, at the American Legion Hall in Loyal from 1:00 to 4:00 p.m.

The event will feature 10 businesses that produce or process food in Clark County. It will be an opportunity for people to see and taste some of the great products that are produced right here in the county. In addition, residents and visitors will learn about our local food products and the people who produce them.

*This year we are adding some presentations that will include: pairing wine and cheese, table setting etiquette, and growing and cooking with herbs.*

The event will be open to the public with a \$5.00 donation at the door. The donation will go towards the "Outstanding Young Farmer" and "Century Farm" program.

If you have any questions regarding this event, please call the UW-Extension office at 715-743-5121.

### Becoming a Love & 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, control, ownership, empathy, setting limits, and consequences.

The Clark County UW-Extension, Clark County

Family Resource Center, and Children's Service Society of Wisconsin will be offering classes on: Monday Evenings, February 14, 21, 28 & March 7th from 6 to 8 PM at the Spencer Elementary Library.

Free child care will be provided. To register contact the Clark County UW-Extension office 715-743-5121.

### New Parenting Series Available Through UW-Extension

A new parenting series, *Proficient Parenting* is being offered in 2011 through the Clark County UW-Extension office. The parenting series will cover six 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.

#### **The six topics in the series include:**

- February 23<sup>rd</sup> and August 29<sup>th</sup> ***Positive Parenting and Interactions***
- March 28<sup>th</sup> and September 19<sup>th</sup> ***Nutrition and Healthy Family Choices***
- April 25<sup>th</sup> and October 24<sup>th</sup> ***Safety and Supervision of Your Child***
- May 16<sup>th</sup> and November 28<sup>th</sup> ***Age Appropriate Discipline***
- June 27<sup>th</sup> and December 19<sup>th</sup> ***Family Roles and Systems***
- July 25<sup>th</sup> ***What's Your Parenting Style?***

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.



## UPCOMING PROGRAMS

### Rent Smart

March 16 & 30

Thorp Public Library, 5-8 PM

#### A Tenant Training Program

Rent Smart provides practical education to help people looking for rental housing to acquire and keep decent housing.

Rent Smart emphasizes skills that can help tenants avoid legal confrontations. It stresses tenant responsibilities and the advantages the tenant gains from viewing the landlord-tenant relationship as mutually beneficial rather than confrontational.

There is no cost to attend this meeting. This class is limited to 15 participants. Pre-registration is required by Monday,

March 14<sup>th</sup>, please contact the Clark County UW-Extension office at 715-743-5121 to register.

For more information contact:  
Julie-Simek-Heggebo  
Family Living Agent  
715-743-5121



## Neillsville Nursery School

### "KIDS IN MOTION"

Beginning on Fridays

Every Friday 8:00 AM — 3:00 PM

Located at 413 Court Street, Neillsville WI

- focusing on health and wellness!
- fun exercise
- use of the "Color Me Healthy" curriculum from UW-Extension

Fee: \$20 (Bring a lunch)

Program is for children ages 3 and up

**To register please call Amanda at the Neillsville Nursery School at 743-4490.**

#### Sponsored by:

Neillsville Nursery School, UW-Extension and Clark County Family Resource Center



## February WIC Schedule

Feb 1	Neillsville Clinic & check pick up 9-4
Feb 2	Neillsville Clinic
Feb 8	Abbotsford Clinic 9-4
Feb 9	Abbotsford Clinic & check pick up 9-4
Feb 10	Neillsville Clinic & Late check pick up 9-4
Feb 14	Owen Clinic & check pick up 9-4
Feb 17	Thorp Clinic & check pick up 9-4
Feb 23	Abbotsford Clinic & check pick up 9-4
Feb 25	Owen Clinic & late check pick up 9-12



# VEGETABLE & HERB OF THE MONTH

## CARROTS

### GARDENING SEASON

August to October



### CHOOSING TIPS

- For cooking, choose carrots that are firm, smooth, evenly shaped and have a bright orange color.
- One pound will serve 3 or 4 or equal 3 cups grated, 3 1/2 to 4 cups sliced or diced.

### STORAGE

Carrot greens or tops should be removed before storage. Carrots should be stored in the refrigerator in a plastic bag and are best if used within 1 to 2 weeks. Can also be frozen — contact your Extension office for information.

### PREPARATION

Wash well in cold water, scrubbing with a vegetable brush. Young carrots do not need to be peeled; just scrub and use. Carrots can be eaten raw or they can be cut up and cooked by steaming, boiling, stir-frying, or as part of soup, stew or casserole.

**To microwave:** Add 2 tablespoons water to carrots (1/4 inch slices). Cover and cook 5 minutes (until tender). Let stand 1 minute.

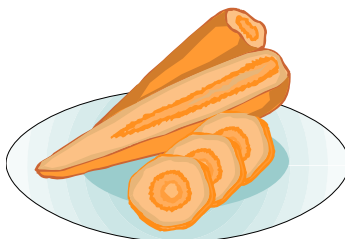
### KEY NUTRIENT

- Vitamin A for vision, healthy skin, and resistance to infection.

## GINGER

The spicy and pungent flavor of ginger adds aroma to Asian cuisines, especially Indian, Thai and Chinese dishes. Often mistaken as a root, ginger is actually a rootstock (rhizome) of the ginger plant. The plant is scientifically called as *Zingiber officinale*. It has a firm hard texture and is covered with a brownish skin. Ginger was mainly cultivated in southeastern Asian countries, particularly in China and India. Later it was introduced to South America, West Indies and European countries by the Spanish explorers.

This aromatic spice is rich in nutrients. Key nutrients found in ginger include



minerals such as potassium, copper, manganese and magnesium. It is also a very good source of vitamin B6 and gingerol—which is known to have robust antioxidant properties. This active component of ginger helps to reduce nausea among pregnant and among people with sea-sickness.

### Gingered Carrots

- 1 lb carrots, sliced
- 1 Tbsp margarine
- 5 tsp brown sugar
- 1/2 cup apple juice
- 2 Tbsp fresh ginger or 1/2 Tbsp dried ginger
- 1/4 tsp cumin
- 1 tsp white pepper
- 1/4 tsp salt

#### Directions:

Cook carrots in boiling water for 3 minutes or until tender. Cool. In a saucepan melt margarine and brown sugar until it begins to boil. Reduce heat, cook for 5 minutes to caramelize. Add apple juice and bring to a boil. Cook until sauce is reduced to a light syrup. Add carrots, ginger and cumin. Cook on medium heat until glazed. Add salt and pepper.

Nutrition Facts	
Gingered Carrots	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value (DV)*	
<b>Total Fat</b> 3g	5%
Saturated Fat 1g	3%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 210 mg	9%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 3g	12%
Sugars 11g	
<b>Protein</b> 1g	
Vitamin A	360%
Vitamin C	6%
Calcium	4%
Iron	4%

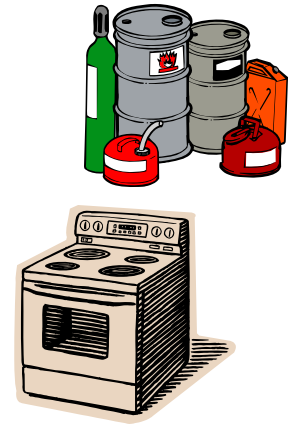
# Mark Your Calendar!! 2011 Clark County Ag & Household Clean Sweep



Dates

Friday, September 9  
8:30—11:30 a.m., Loyal  
2—5 p.m., Owen

Saturday, September 10  
9 a.m. —1 p.m. Neillsville



Registration deadline:  
Thursday, September 1, 2011

For more information contact the Clark County UW-Extension,  
Clean Sweep, UWEX, 517 Court St Rm 104, Neillsville WI  
54456 or call 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.

RETURN SERVICE  
REQUESTED

NONPROFIT ORGANIZATION  
US POSTAGE PAID  
NEILLSVILLE WI 54456  
PERMIT #90

UW-Extension Office  
Clark County  
517 Court Street Room 104  
Neillsville WI 54456

