

Your county extension office



UW Extension
Cooperative Extension
Clark County

May 2011



Young Families Newsletter

<i>In this issue</i>	<i>Page</i>
Becoming Your Child's Calming Coach	2-3
Upcoming Events	4
Clark County Natural Resources Opinion Survey	5-6
June Dairy Month Recipe Contest	7
Clark County Dairy Breakfasts	8
Vegetable & Herb of the Month — Lettuce & Mint	9

Dear Young Family:

During the month of May the weather is warmer and everyone (including adults) are ready to get outside. There are many wonderful opportunities for families to get outdoors. Flowers are blooming, grass is greener and buds are forming on trees and plants. Pointing out all of these changes to your children is a wonderful learning opportunity. You may consider taking your children outside to play in the yard, go for a walk in your neighborhood or take a trip to a local park. While your outside or on a walk, take a brief moment to point out all of nature's changes.

With warmer weather also comes some safety advice, April 28-May 6th is *National Safe Kids Week*. Each year, over a thousand children in Wisconsin die due to unintentional injuries. When you're out on a walk, talk about safety with your children. Teach your children to look both ways before crossing the road. Remind them to never talk to strangers or get into a stranger's vehicle. Talk to them about the importance of sunscreen and help them apply it before going outdoors. Also discuss and help your children apply bug spray and wear long sleeves and pants if in the woods to prevent ticks. If your going to a local lake or the swimming pool, make sure they wear appropriate safety devices and make sure your keeping a close eye on their location. While at the park, talk about playground safety and which toys are appropriate for your children to play on. If your child is old enough to ride a bike, make sure they wear appropriate protective gear and a helmet.

These are just a few safety ideas for you and your family. Spring is a great time of year to get out and enjoy the beautiful weather while teaching your children about nature and being safe!

Happy Spring!

Julie Simek-Heggebo
UW-Extension Family Living Agent

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

BECOMING YOUR CHILD'S CALMING COACH

JOAN E. LEFEBVRE, FAMILY LIVING AGENT

When the unexpected happens how do you react? You might call a friend, take a walk, read, write down your thoughts, or listen to soothing music. Over time, you have learned what works best to reduce your stress. Many of these options are not available to a preschooler.

Your child worries, fusses, and frets, just like you do. The book, *KidStress*, points out that parents *greatly underestimate* how much children worry. When stressed, a young child might have physical symptoms such as headaches, overeating, disrupted sleep, or stomachaches. Emotional reactions to stress overload for children may include sadness, worry, whining, irritability or picking fights. Social symptoms may show up as avoiding people, not being cooperative or picking on others.

Helping your child learn to cope with stress will result in short and long term benefits, including:

- Improved learning ability.
- Increased positive behavior.
- Protection from effects of excess stress.
- Brain development and self-regulation.

Coach Your Child to Use Calming Techniques

Teach your child to stay calm and have positive energy by appealing to one or more of the five senses: sight, sound, touch, smell and taste. Experiment to discover which strategies work best for your child. Encourage your child to notice when they start to feel stressed so they can apply calming techniques at the first signs of stress.

Sight—Create a space with comforting items, such as a stuffed animal, soft pillow, or a pleasing picture. Find a safe and quiet spot in nature, perhaps under a tree in the yard. Take a picture of these special places for your child so they can take it along when visiting others or while traveling.

Sound — Experiment with music and other sounds that may calm and soothe your child. Birdfeeders and chirping birds, wind chimes near an open window, or the sound of running water may help soothe your child. Humming, laughter or singing a simple song may break the cycle of frustration and negative thinking.

Touch — Try rubbing your child's hand gently on smooth or rough textures like stones, tree bark, or running water. The feel of a warm blanket or the cooling temperatures of an icy cold beverage can relax and renew your child's positive energy. Playing with a dog or petting a real or stuffed animal, rubbing a piece of silk or corduroy in the pocket, sitting in someone's lap, rocking, or giving a hand or neck massage may assist in settling down and calming a child.

Smell — Our sense of smell is the strongest memory maker. Try lavender scented soap to soothe or citrus scented hand soap to energize. Take a deep breath and smell the fresh grass, earth, freshly cut fruit, or the aroma of spices like mint or cinnamon. Exhale slowly and feel a calmer feeling take over.

Taste — Eat slowly and focus on the feeling of the food in your mouth and the taste on your tongue. Slowly drink a refreshing, cold glass of water.

















Parenting —— the —— Preschooler

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

BECOMING YOUR CHILD'S CALMING COACH (CONTINUED)

Movement — Movement requires the use of multiple senses and can reduce a child's stress quickly. Try pacing (walking back and forth) with a child if they shut down when stress strikes. Try standing up instead of sitting down to talk through a problem with a child. Use a rocking chair or offer a rubber ball to squeeze to help a child focus and start to relax. Running in place or jumping up and down can let off steam in a healthy way.

As your child's calming coach it is important to offer a balance of physical, mental, social, and spirit-lifting ways to release stress. Your child's body needs good nutrition, regular exercise, enough sleep and plenty of play breaks to stay healthy. Children are naturals at lifting their own and other's spirits with humor, play, a sense of wonder about nature and relaxing. This is a gift that needs to be encouraged throughout life.

Healthy Ways to Cope with a Child's Distress			
Physical	Mental	Social	Spirit-Lifting
 Good Nutrition	 Think Positive	 Express Feelings	 Relax
 Regular Exercise	 Practice to Improve	 Talk with Others	 Humor
 Get Enough Sleep	 Realistic Expectations	 Settle Conflicts	 Play
 Take a Break	 Positive Self-Talk/Put-Ups	 Help Others	 Enjoy Nature

References:

Comprehensive Health Education Foundation (2006). *Calming ourselves in stressful moments — helping young children and their caregivers manage stress.*

Comprehensive Health Education Foundation. (2003). *Social beginnings™ guiding young children toward positive behavior.*

Quick, S. (2000). *Nourishing our bodies and souls: Circles of wisdom and love.* University of Kentucky.

Witkin, G. (1999). *Kid stress: What it is, how it feels, how to help.* New York: Viking Penguin.

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
April 2011

UPCOMING EVENTS

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:

May 16th and November 28th
Age Appropriate Discipline

June 20th and December 19th
Family Roles and Systems

July 25th
What's Your Parenting Style?

August 29th
Positive Parenting and Interactions

September 19th
Nutrition and Healthy Family Choices

October 24th
Safety and Supervision of Your Child

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.

MAY WIC SCHEDULE

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

CLARK COUNTY HEALTH DEPARTMENT

2011 Immunizations Walk-In Clinic Schedule

NEILLSVILLE	GREENWOOD	OWEN	ABBOTSFORD
Every Monday Time: 2:30-4:00 pm Place: Courthouse 1st Floor North Side Room 105	1st Wednesday of every other month Time: 5:30-6:30 pm Place: Greenwood Fire Hall January, March, May, July, September, November	3rd Monday of every month Time: 5:30-6:30 pm Place: Clark Co. Health Care Center (Auditorium— visitors entrance)	1st Thursday of every month Time: 5:30-6:30 pm Place: Abbotsford City Hall

For more information on immunizations contact the Clark County Health Department at 715-743-5105.

SUGGESTED PRIMARY IMMUNIZATION SCHEDULE

DTap & Hib & Polio & Hep B & Rotovirus..... 2 months
 DTap & Hib & Polio & Hep B & Rotovirus..... 4 months
 DTap & Hib & Polio & Rotovirus 6-12 months
 Hib & MMR & Heb B & Varicella..... 12-15 months
 MMR & DTaP & Hep A..... 12-18 months
 MMR & DTaP & Polio & Varicella..... Prior to Kindergarten
 Pneumococcal..... 2-23 months
 Meningococcal 11 yrs to college freshman
 HPV..... Females 11-18 yrs / 3 dose series
 Hep A 2nd dose..... Required at least six months apart



Clark County Natural Resources Opinion Survey 2011

Clark County is updating its *Land and Water Resource Management Plan* in order to:

- Identify and prioritize the major natural resource issues and concerns for Clark County.
- Develop a cooperative and voluntary public/private effort to solve any natural resource challenges.
- Determine guidance for and the roles of local, state, and federal agencies.
- Develop and implement goals and objectives for local natural resources during the next ten years (2012-2022).
- Secure staffing and cost-share funding for the management for Clark County's natural resources.

In 2006, the following six priorities were developed by the Citizen Advisory Committee:

1. Nutrient runoff from sediment and animal waste.
2. Residential use of fertilizers and pesticides.
3. Lack of baseline data on surface and groundwater quality.
4. Winter spreading of manure.
5. Illegal discharges to streams from non-agricultural sources.
6. Erosion from construction sites and stormwater runoff.

In 2006, the following goals were developed by the Clark County Land Conservation Committee:

- Goal 1: Reduce Sediment Delivery to Surface Waters
- Goal 2: Reduce Animal Waste and Nutrient Delivery to Surface Waters
- Goal 3: Reduce Pollutant Discharges from Urban and Intensive Use Areas
- Goal 4: Increase Efforts to Inventory the Water Resources of Clark County

Your input in the planning process is extremely important. We are looking for your suggestions to help develop the local natural resource goals and objectives. **Please fill out the survey below and return to our office by May 9, 2011.** Thank you for participating and voicing your opinions about Clark County's natural resources.

Matt Zoschke, Clark County, County Conservationist

1) What LOCAL natural resources are you most concerned about? (Please rank top five concerns, #1 as the highest.)

- | | |
|---|--|
| <ul style="list-style-type: none"> _____ Agricultural Land _____ Air _____ Fisheries and Wildlife _____ Forest and Woodlands _____ Grasslands _____ Groundwater _____ Lakes, Rivers, and Streams | <ul style="list-style-type: none"> _____ Peace and Quiet and Solitude _____ Public Recreational Lands and Trails _____ Soil _____ Unobstructed Countryside/Nightsky Views _____ Wetlands _____ Wilderness and Unique Landscapes _____ Other |
|---|--|

2) What following items are the biggest threat to your natural resource concerns? (Please check all that apply.)

- Agricultural cropping practices** (e.g. soil erosion, nutrient runoff/leaching)
- Agricultural livestock operations** (e.g. noise, odor, location, size, dust, traffic)
- Agricultural land clearing** (e.g. sodbusting, swampbusting)
- Agricultural manure/waste storage and landspreading** (e.g. unpermitted facilities, water pollution)
- Construction site or road construction** (e.g. soil erosion control, stormwater runoff)
- Domestic solid waste disposal** (e.g. open burning of garbage, illegal dumping)
- Exotic invasive plant and animal species** (e.g. displacement of native species, habitat loss)
- Fish and/or wildlife excessive harvesting** (e.g. poaching, not following bag limits)
- Forest management** (e.g. poor forestry practices including harvesting, regeneration, road construction)
- Industrial and municipal sludge and wastewater disposal** (e.g. unpermitted facilities, water pollution)
- Jet ski and motorboat use** (e.g. habitat destruction, noise, user conflicts)
- Non-metallic mining/gravel pits—unused and unreclaimed** (e.g. soil erosion, water pollution, aesthetics)
- Off-road vehicle use—ATV, RTV, Dirtbikes** (e.g. soil erosion, water/air pollution, noise, user conflicts)
- Residential property management** (e.g. lawn fertilizer/chemicals, pesticide use, pet waste)
- Rural residential development** (e.g. loss of farmland/open space, loss of wildlife habitat)
- Waterfront development** (e.g. shoreland erosion, water pollution, loss of solitude, aesthetics)
- Wetland and stream alteration-tiling, ditching, and/or filing** (e.g. water pollution, soil erosion)
- Other** _____

Place
Stamp

**CLARK COUNTY LCD
517 COURT ST., RM. 102
NEILLSVILLE, WI 54456**

PLEASE RETURN BY MAY 9, 2011.

You may fold with above address to the outside, tape, and mail or you may drop it off at our office. Thanks for your help!

3) What services should be emphasized by the local, state, and federal conservation staff? (Please check all that apply.)

- Animal Manure Management Ordinance implementation**
- Conservation best management practice information and technical assistance**
- Construction site erosion control assistance**
- Cost-sharing/financial assistance to landowners for conservation practice installation**
- Drinking water well testing**
- Environmental education programs for adults**
- Environmental education programs for kids**
- Farmland preservation and agricultural economic development**
- Forest management assistance**
- Groundwater protection**
- Invasive species (aquatic and terrestrial plants and animals) information and technical assistance**
- Nutrient management planning for farmers**
- Shoreland Zoning Ordinance implementation**
- Shoreland protection education/technical/financial assistance**
- Surface water (lakes, rivers, and wetlands) protection**
- Tree planting (reforestation and afforestation)**
- Urban stormwater and erosion control assistance**
- Water quality monitoring of lakes and streams**
- Well sealing/abandonment assistance for unused private wells**
- Wetland enhancement and/or restoration**
- Wildlife habitat enhancement and/or restoration**
- Other** _____
- Other** _____

Questions or Comments: _____

Thank you for taking time to complete this survey. Your assistance is greatly appreciated.

The results from this survey will be used to guide the Citizen Advisory Committee as it prepares the Clark County Land and Water Resources Management Plan. If you would like to participate in the Citizen Advisory Committee, please contact the Clark County Land Conservation Department at (715) 743-5102.

JUNE DAIRY MONTH RECIPE CONTEST

Wednesday, June 15

Loyal City Hall

6:30-7:15 p.m. registration

7:30 p.m. program

Featuring: "Dips"

Watch next month's newsletter for speaker information. 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.

June Dairy Month Contest Rules:

1. Any man, woman, or child in Clark County may enter; one entry per person.
2. The recipe must include at least two **generous** portions of dairy products. Eggs are not a dairy product. Circle the dairy products on the recipe. Any recipe containing non-dairy products (i.e. whipped topping, margarine, etc.) will be disqualified. Recipes will be checked prior to judging.
3. Entries must be made from scratch.
4. Recipes should be typed or plainly written, give complete directions, state size of utensils necessary, and include approximate number of servings.
5. The name, address, or telephone number of the contestant should NOT be on the recipe. When entries are received at the contest, a number will be assigned so the recipe and product are judged without a name.
6. Contestants should make sure hot foods are served hot and cold foods are served cold.
7. All recipes become Clark County Dairy Promotion Committee property and will not be returned. The committee also reserves the right to publicize any recipe entered.
8. The entries will be judged on flavor, use of dairy products, ease of preparation with clear directions, appearance, and uniqueness.
9. The 1st place winner will be the 2012 chairperson. The winner will be allowed to select prizes, help find entertainment, and choose the topic or topics for 2012. You can choose to do as little or as much as your time and availability allows.
10. Winners will be asked to state recipe origin or copyright status.

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.



CLARK COUNTY DAIRY BREAKFASTS

Sponsored by Clark County Dairy Promotion

June is Dairy Month

Sunday, June 5

Abbotsford Dairy Breakfast
Blume Farms, Truck Terminal,
1 block west of Dorchester on Cty Trk A
7 am — 12:30 pm

Granton Dairy Breakfast
Tyler Farm
N5254 Romadka Ave, Granton
7 am — 12:30 pm

Sunday, June 12

Neillsville Dairy Breakfast
Larry & Tina Opelt Farm
N3468 River Ave, Neillsville
7 am — Noon

Thorp/Stamley-Boyd Dairy Breakfast
Royce Wallenhurst Farm
N14553 Tieman Ave, Thorp
7 am — 1 pm

Sunday, June 19

Loyal Dairy Breakfast (County-Wide)
Paul Bugar Trucking,
W2944 Hwy 98, Loyal
7 am — 12:30 pm

Sunday, June 26

Greenwood Dairy Breakfast
Gary & Brenda Lindner Farm
W4414 Spencer Rd, Loyal
7 am — 1 pm

Colby Dairy Breakfast
Ron Gutenberger
W374 County Rd N, Colby
7 am — Noon



*16 plants process dairy products
in Clark County*

Wednesday, June 15

June Dairy Month Recipe Contest

Loyal City Hall

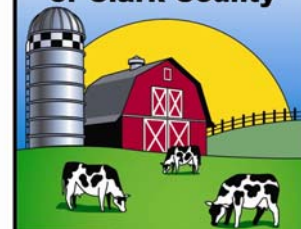
Theme "Dips"

6:30—7:15 pm registration

7:30 pm program

For more info contact 715-743-5121

**Dairy Producers
of Clark County**



"Udderly" the Best!

VEGETABLE & HERB OF THE MONTH

LEAF LETTUCE

GARDENING SEASON

Does best in cool weather — spring and fall in Wisconsin

Leaf lettuce is one of the oldest known vegetables, with hundreds of varieties to choose from in a wide range of sizes, colors, textures, and tastes.



CHOOSING TIPS

As lettuce grows you can selectively harvest outer leaves, leaving the inner leaves to develop, or harvest the entire plant at maturity by cutting it off at ground level. Choose lettuce with crisp leaves and avoid brown edges.

STORAGE

Rinse well and dry with paper towel. Refrigerate leaf lettuce in plastic bag up to 1 week.

KEY NUTRIENTS

Vitamin A for vision, healthy skin, hair, nails, teeth, glands and bone health and resistance to infection.

MINT

Plants in the mint family are very hardy perennials with vigorous growth habits. Mint, left to its own devices, will spread quickly and become a nuisance. However, it is very popular as a flavorful herb and the plants can be grown easily. Just try to choose a spot where you won't mind the rampant growth or grow it in a confined space.

To contain the roots and limit spreading, you can grow mint in containers, above or sunk into the ground. Be careful to keep container mints from flopping over and touching the ground. Stems will root quickly, if given the chance.

Snip sprigs and leaves as needed. If you don't harvest your mint regularly, it will benefit greatly from a shearing mid-season. At some point, you will probably notice the stems getting longer and the leaves getting shorter. That's the time to cut the plants back by 1/3 to 1/2 and get them sending out fresh new foliage again. You can do small patches at a time, if you have a lot of mint, and prolong the harvest season. All cuttings can be used, dried or frozen for later use. You can use, dry or freeze the cuttings.

Moroccan Lentil Salad

- 1-1/4 cups uncooked lentils
- 2-1/2 cups water
- 3 Tbsp lemon juice
- 1-1/2 Tbsp olive oil
- 1/2 tsp thyme
- 1/2 tsp mint flakes
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1 garlic clove
- 1-1/2 cup quartered cherry tomatoes
- 1 cup diced cucumber
- 1/2 cup crumbled reduced-fat feta cheese
- 1 cup thinly sliced celery
- 4 cups romaine lettuce leaves

Directions: Place lentils and water in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender. Drain well, and set aside. Combine lemon juice, olive oil, thyme, mint, salt, pepper, and garlic in a medium bowl; stir with a wire whisk until blended. Add lentils, tomatoes, cucumber, cheese, and celery to dressing mixture; toss gently to coat. Serve on plates lined with romaine lettuce.

Nutrition Facts	
Moroccan Lentil Salad	
Amount Per Serving	
Calories 310	Calories from Fat 70
% Daily Value (DV)*	
Total Fat 8g	12%
Saturated Fat 3g	13%
Trans Fat 0g	0%
Cholesterol 5mg	2%
Sodium 570mg	24%
Total Carbohydrate 42g	14%
Dietary Fiber 16g	64%
Sugars 6g	
Protein 21g	
Vitamin A	80%
Vitamin C	50%
Calcium	15%
Iron	40%





HAVE YOUR PRESSURE CANNER GAUGE TESTED

Testing Locations:

Monday, May 23

Thorp Super Valu
9:00—11:00 AM

Neillsville Courthouse RM 104
10:00—11:00 AM

Hene's Supply, Withee
1:00—3:00 PM

Tuesday, May 24

Kramer's County Market, Abbotsford
9:00—11:00 AM

Cloverdale Country Store, Curtiss
1:00—3:00 PM

Saturday, May 28

Old School, Farmer's Market Site
Owen (1 mile South 29 off Cty P)
8:00—11:00 AM

Dial Gauges Only!

Bring only the lid to the locations listed below. Weighted gauges or "jigglers" cannot be checked. Dial gauges should be checked yearly.



SPONSORED BY:

Clark County UWEX Family Living
Clark County Master Food Preservers

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

