

# The Family and Friends Newsletter



## 4 tips for safer grilling

Ruining a piece of meat isn't the only thing you need to worry about if you're cooking at high temperatures. High heat can also produce chemicals with cancer-causing properties. They're produced in tiny amounts, measured in the billionths of grams, but lab and animal experiments show that these chemicals have potent cancer-causing properties.

When meat is cooked at high temperatures, amino acids react with creatine to form heterocyclic amines, which are thought to cause cancer. That's why cooking meat by grilling, frying, or broiling is the problem. Grilling is double trouble because it also exposes meat to cancer-causing chemicals contained in the smoke that rises from burning coals and any drips of fat that cause flare-ups. How long the meat is cooked is also a factor in heterocyclic amine formation; longer cooking time means more heterocyclic amines. Depending on the temperature at which it's cooked, meat roasted or baked in the oven may contain some heterocyclic amines, but it's likely to be considerably less than in grilled, fried, or broiled meat.

Marinating meat is often suggested as one way to cut down on the formation of heterocyclic amines, but the evidence that marinating helps is mixed. In the meantime, here are some other tips that can help make grilled meat safer to eat:

1. **Cook smaller pieces:** They cook more quickly and at lower temperatures.
2. **Choose leaner meat:** Less fat should reduce flames and therefore smoke.
3. **Precook in the microwave:** Doing so for two minutes may decrease heterocyclic amines by 90%, according to some research.
4. **Flip frequently:** That way, neither side has time to absorb or lose too much heat.

For more information on gastrointestinal problems, order our Special Health Report, *The Sensitive Gut*, at [www.health.harvard.edu/SG](http://www.health.harvard.edu/SG).

## Giving Disease the Brush Off

Submitted by Richland County CMO Prevention & Wellness Work Group



It is a well known fact that if you don't brush your teeth or see a dentist regularly, your teeth will look bad, smell bad and eventually feel bad too. You would run the risk of tooth decay, cavities, and gum disease.

But did you know about all of the other problems you might face with poor oral hygiene? Untreated gum disease puts a tremendous stress on your immune system. Plaque in unclean teeth has many different species of bacteria, and some of them can be highly toxic. These germs can spread to other parts of the body. The bacteria in the mouth have direct access to the blood and lungs. If bacteria spread to the blood, it can result in a blood infection, which affects the whole body as a system. Bacterial respiratory infections are thought to be acquired through inhaling fine droplets of bacteria from the mouth into the lungs.

Gum disease can increase the risk of a heart attack by as much as 25%, and increase the risk of a stroke by a factor of 10. Gum disease also causes the body's immune system to respond with inflammation, and that inflammation can occur throughout the body. Recent research showed that men with gum disease were 63% more likely to develop pancreatic cancer than men with healthy gums. The

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## Blueberry History in the United States



[July was proclaimed National Blueberry Month](#) by the United States Department of Agriculture on May 8th, 1999. Blueberries are grown in 35 states in the US, and the United States produces over 90% of all of the blueberries in the world. They have

been used in soups, stews, and more for centuries. According to Ark-LA-Tex, the Native Americans taught the pilgrims to use blueberries in many ways. Blueberries were dried in the sun and ground into a powder. The powder was used to make a pudding called Sautauthig, and it was used to season meat as a "spice rub."

### Blueberries And Your Health

The Native Americans also believed that these little blue berries were good for your health. Blueberry tea is supposed to help relax women during childbirth, leaves from the blueberry bush were used to make a blood purifier that was good for the kidneys, and blueberry juice was supposed to be good for coughs. Modern medicine also identifies the health benefits of blueberries. According to the New England Journal of Medicine, the Rutgers Blueberry Cranberry Research Center in Chatsworth, N.J. found that blueberries help prevent infections in the urinary tract in much the same way that cranberries do. They may also help to prevent macular degeneration according to Ronald L. Prior, Ph.D., director of the USDA.

Did you know that eating blueberries could also be one of the keys to living to a ripe old age? Well, if you take a look at the research, foods that are rich in antioxidants are supposed to help reduce your chance of getting cancer and heart disease, and blueberries are loaded with them. Out of 40 different fruits, juices, and vegetables, the blueberry comes in with the highest antioxidant level, according to the North American Blueberry Council. Just three and a half ounces of blueberries are equivalent to over 1700 International Units of vitamin E.



### Freezing Blueberries

According to the North American Blueberry Council, you should not wash your blueberries before you freeze them. If you buy the berries in a pint box, simply wrap the box tightly in cellophane to make it airtight, or slip it into a resealable plastic bag (squeeze out as much air as possible). Then freeze. If you buy the berries in bulk, freeze them on a cookie sheet first and then transfer them into a freezer container. Keep frozen until ready to use.

### Substitute Fresh Blueberries For Canned Blueberries

According to *Texas Blueberries*, "If a recipe calls for a can of blueberries, you may make your own by using 2-1/2 cups of fresh blueberries, 1 tablespoon of corn starch, 1-1/2 teaspoons of lemon juice, 1/8 cup of water. Cook until thickened and clear. Cool before using as a substitute."

## Services for the Visually Impaired

Are the mail and newspaper hard to read?

Is it difficult to use the oven because you can no longer see the dials?

Does your eye doctor say that nothing more can be medically done?

The Office for the Blind and Visually Impaired says, "We can help!" Judi Heiden is a Rehabilitation Specialist who provides services in the homes of people who are visually impaired.

Maintaining independence is the goal. An assessment is conducted to determine "barriers to every day living" due to vision loss. Then, she introduces concepts, techniques, adaptive aids, and resources to help people do what they used to do by doing it differently.

For example, many things can be done by feel. Judi puts tactual markings on appliances so people can feel 350 degrees on their oven or 75 degrees on their thermostat. Many people like to try different magnifiers so they can choose one that is helpful to them. Others like to sign up for talking books and learn where to buy jumbo playing cards.

If you would like a home visit at no cost, or know someone who would, please call Judi Heiden at 608-355-1368. She will be glad to hear from you!

## Brush Off—Continued from bottom of front page

immune system becomes stressed when it is busy trying to fight against gum disease. At some point, the immune system can become so compromised that its ability to resist additional infections can be severely limited.

Not only should people prevent gum disease and other problems by brushing and flossing their teeth daily, they need to see a dentist regularly. Oral cancer and even osteoporosis can be detected in early stages during routine dental appointments, and prevent these problems from progressing into serious stages. And as a final example, a boy in Maryland recently had a toothache, and his parents could not afford to take him to the dentist. The tooth was infected and it progressed into an abscess, which worsened and worsened until it finally spread to his brain, and the boy died.

Good oral care is not just something you do for your teeth. It is something you do for your whole body. It may even lengthen your life!

## RESOURCES 4 YOU

Over 1.5 million Wisconsin residents live in rental housing. In Richland County, approximately 22% of households live in rental units. These figures indicate that the rental housing industry is an important part of the state's economy, and that renting provides a vital housing option for individuals and families. With thousands of rentals occurring annually, it's important that both tenants and landlords understand their rights and responsibilities, and where to turn for information, assistance, advocacy and legal representation. Here are some resources that may be helpful for tenants and landlords:

**Tenant Resource Center** – Offers counseling for tenants and landlords interested in learning more about their rental rights and responsibilities, and a mediation service to help resolve disputes. Call (toll-free) 1-877-238-7368.

**Wisconsin Dept. of Agriculture, Trade & Consumer Protection** – Provides information and publications, including "A Guide for Landlords and Tenants," and "Tenants' Rights & Responsibilities." Also provides a complaint mediation service. Call (toll-free) 1-800-422-7128.

**Legal Information Center** – Legal information and community referrals provided by University of Wisconsin law students. This service is staffed by law students, not lawyers, but is a great starting place for information if you have a legal question. Call 608-263-3243 Monday-Friday, 10 a.m.- 4:00 p.m., during the university's fall and spring semesters.

**Legal Action of Wisconsin** – Provides needed legal representation to clients who meet financial eligibility criteria, and whose legal needs meet case acceptance guidelines. Housing issues in their area of focus include evictions and issues related to public or subsidized housing. Call (toll-free) 1-800-873-0927 Monday and Tuesday, 9:00 a.m.-noon.

We're here for you! For more information on these and other resources and services, call the Aging & Disability Resource Center at 647-4616, or toll free 1-877-641-4616.

## YOUTH ACTIVITIES

Are you bored? Looking for some fun? Contact the Richland Center Parks & Recreation Department 608-647-8108 or e-mail [rcparks@mwt.net](mailto:rcparks@mwt.net)

### Stuffed Animal Show

All Ages FREE

Wednesday, July 11 from 1:30 to 2:30 p.m.

### Pet Show

All Ages FREE

Wednesday, August 8 from 1:30 to 2 p.m.

### Wrestling Camp

SIGN UP NOW Cost \$20.00

Entering Grades 4 – 12 August 13 to 16

### Basketball

Boys & Girls Ages 8 – 13 Cost \$10.00

Mondays and Wednesdays – July 30 to August 15

### Tennis – Level 1

Boys and Girls Ages 8 – 10 Cost \$10.00

Mondays and Wednesdays – July 30 to August 15

### Tennis – Level 2

Boys and Girls Ages 11 – 14 Cost \$10.00

Mondays and Wednesdays – July 30 to August 15

### Soccer

Boys and Girls Ages 8 – 10 Cost \$10.00

Tuesdays & Thursdays – July 31 to August 16

## Job Opportunities!



Opportunities are currently

Available for persons 55 or older

to earn minimum wage and contribute to the community while updating job skills.

Wages are paid by a grant from the U.S. Department of Labor and applicants must be 55 years or older and meet Experience Works guidelines.

Opportunities typically include:

- ◆ Clerical
- ◆ Food Service Worker
- ◆ Janitorial
- ◆ Receptionist
- ◆ Customer Service
- ◆ Grounds and Maintenance
- ◆ Library Assistant
- ◆ Teacher's Aide
- ◆ Home Health Aide
- ◆ Senior Companion

For additional information please call John Triphan at 608-789-5623 or 1-800-782-7519 or email [www.experienceworks.org](http://www.experienceworks.org)

## 2007 Summer Library Programs "Get a Clue @ Your Library"

### Hours:

Monday-Thurs. 10am-8pm  
Friday 10am-5pm  
Saturday 10am-2pm  
Sunday Closed

**Brewer Public Library**  
325 N. Central Avenue  
Richland Center, WI 53581  
608-647-6444

**PRE-SCHOOLERS:** Ages 3-6 will have stories, games, crafts, & treats on Tuesdays from 10-11 AM from June 12 to July 10. Children should be accompanied by an adult.

**CHILDREN:** Kids entering grades 1 & 2 will have stories, games, crafts, & treats on Tuesdays from 1-2 PM from June 13 to July 10.

**THE BRUNCH BUNCH:** Kids entering grades 3 & 4 will meet on Thursdays from 10-11AM from June 14 to July 12. Special speakers, activities, & treats will be provided.

**THE LUNCH BUNCH:** Students entering grades 5-7 will meet on Thursdays from 12:00-2:00 PM from June 14 to July 12. Special activities, speakers, & field trips are planned. These children should bring a sack lunch. Beverages will be provided.

**GRAND FINALE:** For all ages at the Community Center on Tuesday, July 17, from 10 AM to Noon. There will be a live performance, free food, drinks, and a coupon for admittance to the outdoor swimming pool.

**SUMMER READING PROGRAM:** Children from age 3 to Grade 12, may also participate in a reading program. Certificates & prizes will be awarded to all participants who read (or are read to) for 5 hours or more.



With warm weather and family events, the Fourth of July can be a fun time with great memories. But before your family celebrates this year, make sure everyone knows about fireworks safety.

If not handled properly, fireworks can cause burn and eye injuries in children and adults. There were 9,300 fireworks injuries treated in hospital emergency departments in 2003, and 6 were deaths linked to fireworks.

The best thing you can do to protect your child is not to use any fireworks at home - period. Attend public fireworks displays and leave the lighting to the professionals.

Lighting fireworks at home isn't even legal in many areas, so if you still want to use them, be sure to check with your local police department first. If they're legal where you live, keep these safety tips in mind:

- Children should never play with fireworks. Things like firecrackers, rockets, and sparklers are just too dangerous. If you give your child a sparkler, make sure your child keeps it outside and away from the face, clothing, and hair. Sparklers can reach 1,800 degrees Fahrenheit (982 degrees Celsius) - hot enough to melt gold.
- Buy only legal fireworks (legal fireworks have a label with the manufacturer's name and directions; illegal ones are unlabeled), and store them in a cool, dry place. Illegal fireworks can go by the names M-80, M100, blockbuster, or quarterpounder. These explosives were banned in 1966, but still account for many fireworks injuries.
- Never try to make your own fireworks.
- Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
- Steer clear of others - fireworks have been known to backfire or shoot off in the wrong direction. Never throw or point fireworks at someone, even in jest.
- Don't hold fireworks in your hand or have any part of your body over them while lighting. Wear some sort of eye protection, and avoid carrying fireworks in your pocket - the friction could set them off.
- Point fireworks away from homes, and keep away from brush and leaves and flammable substances. The National Fire Protection Association estimates that local fire departments respond to more 50,000 [fires](#) caused by fireworks each year.
- Light one firework at a time (not in glass or metal containers), and **never** relight a dud.
- Don't allow your child to pick up pieces of fireworks after an event. Some may still be ignited and can explode at any time.
- Soak all fireworks in a bucket of water before throwing them in the trash can.

Think about your [pet](#). Animals have sensitive ears and can be extremely frightened or stressed on the Fourth of July. Keep your pet indoors to reduce the risk that the pet will run loose or get injured.

If your child is injured by fireworks, immediately go to a doctor or hospital. If an [eye injury](#) occurs, don't allow your

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child to touch or rub it, as this may cause even more damage. Also, don't flush the eye out with water or attempt to put an ointment on it. Instead, cut out the bottom of a paper cup, place it around the eye, and immediately seek medical attention - your child's eyesight may depend on it. If it's a [burn](#), remove clothing from the burned area and run cool, not cold, water over the burn (do not use ice). Call your child's doctor immediately.

Fireworks are meant to be enjoyed, but you'll enjoy them much more knowing your family is safe. Take extra precautions this Fourth of July and your holiday will be a blast!

Reviewed by: [Steven Dowshen, MD](#), March 2005

## Kids Games and Activities

### Dig for Buried Treasure

To start, go through your house and gather some trinkets or toys you don't mind burying. Next, put together a treasure-finding toolkit that includes a hand shovel, an old paintbrush (to clean off unearthed treasures), Ziploc bags (to contain what they find) and a map showing where kids should start their search. Then either bury the treasures in your garden (placing them in an area without plants is a good idea) or in a large bucket filled with dirt in your backyard. Give the kids their toolkits and watch them scavenge for treasures! For an extra bit of fun, have kids label their finds with made-up names and place them in a "museum" (or on a serving platter) to share with visitors.

### Bucket blast (Age: 3-5)

For this game, you need two or more children. Each child or team will need a bucket of water, an empty bucket, and a paper cup. The first child fills the cup with water from the full bucket and runs with it to the empty bucket to pour their water into it. Both children (or teams) continue until they empty the original bucket of water and fill the second bucket. The child or team with the most water in the bucket wins. For even more fun, cut a quarter-sized hole in each cup and get the kids to plug it using their fingers or by placing it on their heads while they run to fill the bucket.

### Tug of war (Age: 4+)

Grab a skipping rope or backyard hose and get the kids to hang on to each end. (With more than two children, divvy them up by strength or size, with an even number on each side.) Place the middle of the hose over a running sprinkler. Laughs will ensue as they tug on the hose and pull each other back and forth into the water.

### What time is it, Mr. Sharkey?

(Age: 5+ , kids who can swim in the deep end)

One person is Mr. Sharkey and stands at the end of the pool while the rest of the kids stand at the other end. The kids call out "What time is it Mr. Sharkey?" and Mr. Sharkey says a time, such as 4 o'clock. Then all the kids take four swim strokes toward him. This continues until Mr. Sharkey answers: "It's lunch time!" and the kids all turn and swim back to the starting end of the pool. If Mr. Sharkey tags one of the kids, he or she is now Mr. Sharkey.

### Puzzle Treasure Hunt

Materials: Plastic Egg, Puzzle (about 25 pieces that fit in the egg), and Treasure

#### Instructions:

1. Choose a puzzle about 25 pieces or smaller depending on the age of the children.
2. Put the puzzle together.
3. Flip it over and write the clue to the location of the treasure.
4. Take the puzzle apart and put the puzzle pieces into plastic eggs (make sure your pieces are not too big for your eggs).

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- Depending on how long you want the hunt to be, you might put more than 1 piece in each egg).
- When all the eggs are collected, the kids put the puzzle together, flip it over, and read the location or clue to figure out the location of the treasure.
- Solve the clue and find the treasure!

### Treasure Hunt Ideas

There are many different ways to plan a treasure hunt. For younger children, an adult can hide clues in different locations.

- Plan a treasure hunt with each clue leading to the location of the next clue. You can buy a set of plastic Easter eggs, but you don't need them. Just make the clues easy to identify (use orange paper). Children as young as 2 can play this game by using pictures instead of words. (e.g. Put a picture of a bathtub in an egg. The next clue should be in the bathtub.) The final clue would lead to the treasure (plate of cookies, invitation to go to a water slide, movie pass, lemonade). For older children, the clues could be riddles they need to solve. In the beginning, limit the number of clues to the age of the child (A 7 year old could follow seven clues to the treasure).
- Make a [treasure map](#) (or list of directions) that would lead to the treasure.
- Use a single type of paper to make the letters that spell out the location of the treasure (e.g. guest bed). The kids need to find the letters, then unscramble the word to figure out where the treasure is.
- Write up a list of common objects and have the kids find every item. If there's lots of kids, divide them into teams, and give each team a list.
- Get a roll of 100 pennies or any collection of coins. Either hide the change around the house, or toss it on the lawn or a gravel driveway. Kids will spend lots of time making sure they've found every coin.
- Hide the clues in [Treasure Balls](#).
- Make each clue a riddle with the answer being the location of the next clue.
- Clues could be short poems with missing words to figure out.
- Use musical notes on a staff to spell out words.
- Write the clues in code. Create your own, or use [Egyptian hieroglyphs](#).

### Concentration Game

**Materials:** Old magazines or catalogs, jar lids, scissors, and glue)

- Cut out two matching pictures (2 lions, 2 apples, 2 boats). The pictures should be easy to identify, and no larger than a juice lid.
- Glue the pictures on the jar lids.

**TO PLAY:** Have the children mix up the lids and lay them out in a pattern of rows and columns. Decide who goes first. That person flips over two lids, if the pictures match, that person keeps both lids, and has another turn. The game is over when all the pictures have been matched. The person with the most pairs wins.

Here's a great idea sent in by one of our visitors: I made a fishing game for my son with juice lids. Tape a string to a chop stick. Tie a magnet to the end. I glued pictures on the lids (two of each picture, so it is a concentration game as well). Lay the lids out on the floor, and try to "catch" 2 the same.

## Pool Hours

Richland Center Outdoor Pool  
Youth 16 & under \$2, Adults \$2.50  
Senior Citizens \$2  
Open Swim  
Mon— Fri 1:00 – 8:00 pm  
Sat & Sun 1:00 – 8:00 pm

Symons Recreation Center  
Children \$2, Adults \$3.50  
Open Swim  
Mon-Wed-Fri 10:30 – Noon  
Mon – Fri 4:00 – 8:30 pm  
Sat 8:00am – 7:30pm, Sun Noon – 5:00pm



## Swimming Safety

**Swimming**—Splashing, wading, and paddling — it must mean a great day in the water! Playing at the beach, at a water park, by a lake, or in a pool can be a real treat on a hot day. Swimming is a lot of fun, but drowning is a real danger. Let's find out how to stay safe in the water.

### Why Is It Important to Be Safe in the Water?

Fish are able to live and breathe under water, but people need air to breathe. People drown when too much water gets into their lungs. When that happens, the lungs can't carry enough oxygen to the brain and the rest of the body.

Drowning is the second most common cause of death from injuries among kids under the age of 14. Drowning can happen so fast — sometimes in less than 2 minutes after a person's head goes under the water. That leaves very little time for someone to help.

Many drownings and near drownings occur when a kid accidentally falls into a swimming pool. But accidents can happen anywhere — at someone's home or even at your own house, and that's why you need to know how to be safe around water.

### Swimming Pools

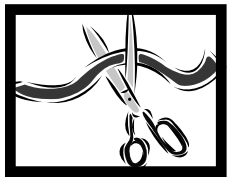
Pools are awesome! What could be better than a dip in the pool and fun in the sun? But remember a pool's sides and bottom are usually made of concrete, a rock-hard material. A slip or fall could be painful and dangerous.

Have you seen those big numbers painted on the side of the pool? Those are called **depth markers** — they tell you how deep the water is at that point. You should always look before you jump into a pool. You should also only dive off the diving board. Never dive off the side of the pool unless an adult says that the water is deep enough. The water may be shallower than you think. If you hit the bottom . . . ouch! You might get knocked out or you could hurt your neck very badly.

Test the pool's water temperature before you plunge in. Cold water can shock your body and make your blood pressure and heart rate go up. You might accidentally open your mouth to yell and accidentally breathe in some water. Cold water can also slow your muscles, making it hard to swim.

Here's some other good advice for the pool:

- Always have an adult watch you when you are in the pool — even in your own backyard. Never go in the pool if there is no adult around.
- Gates are around pools for a reason — to keep kids away from the water when there isn't a lifeguard or adult around to watch them. Never go through any pool gates when they are closed. Stay safe and stay out!



## “Red Tape Cutter” Page

Presented by your local Elderly Benefit Specialist—Joanne Welsh with the Richland County Health & Human Services Aging & Disability Resource Center

### Social Security Presents America’s Favorite Baby Names for 2006: Emily and Jacob Maintain their Streaks; Elvis still Lives

By Ken Hess

Social Security Public Affairs Specialist for Wisconsin

Michael J. Astrue, Commissioner of Social Security, announced the top baby names in the United States for 2006.

“Based on more than 4.2 million Social Security card applications for children born last year, mothers and fathers have picked Emily and Jacob as the most popular baby names for the eighth year in a row,” said Commissioner Astrue. “I invite everybody to visit our website to view the new list.”

Please click on the Most Popular Baby Names link at Social Security’s website -- [www.socialsecurity.gov](http://www.socialsecurity.gov) -- to see the top baby names for 2006. The top ten boys and girls names for 2006 are:

- |                       |                        |
|-----------------------|------------------------|
| <b>Boys:</b> 1) Jacob | <b>Girls:</b> 1) Emily |
| 2) Michael            | 2) Emma                |
| 3) Joshua             | 3) Madison             |
| 4) Ethan              | 4) Isabella            |
| 5) Matthew            | 5) Ava                 |
| 6) Daniel             | 6) Abigail             |
| 7) Christopher        | 7) Olivia              |
| 8) Andrew             | 8) Hannah              |
| 9) Anthony            | 9) Sophia              |
| 10) William           | 10) Samantha           |

Emily has been the most popular female name each year since 1996. Jacob has been the top male name since 1999.

Sophia is new to the top ten for the first time and William returns after a one year absence. Elvis lives on at number 761.

In addition to a list of the 1,000 most popular baby names for 2006, there is a list of the most popular baby names for each state. Also, there is a list of the top 100 names for twins born in 2006. Jacob and Joshua are again the most popular twin’s names.

#### How does Social Security compile the list of most popular baby names?

The list is compiled from all Social Security card applications for a given year of birth - this year that would be 2006. Today most children get a Social Security number assigned as part of the birth registration process. There are more than 4 million births each year.

Another important note is that different spellings of similar names are not combined. For example, the names Kaitlin, Kaitlyn, Kaitlynn, Katelin, Katelyn, Katelynn, and Katlyn are considered separate names and each has its own rank.

#### Why does Social Security compile the list of most popular baby names?

Social Security first compiled the list of most popular baby names in 1997. We quickly realized there was huge public interest in this list and that it was an excellent way to get peo-

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ple to visit our website [www.socialsecurity.gov](http://www.socialsecurity.gov). Once there, people can see the variety of online services and wealth of information that is available. It’s a quick and easy thing for us to do, so we have been publishing an annual list since 1997.

#### How much does it cost Social Security to compile the list?

We already have the data as a result of the Social Security card applications we receive; our Office of the Actuary uses a computer program to compile the results. So, for virtually no cost, we produce a list that everyone wants to see, and our website gets millions of visits to that site throughout the year.

#### If Social Security didn’t start until 1935, how do you have the most popular names back to 1880?

The names are compiled based on Social Security card applications. The first Social Security cards were issued in 1936, mostly to people who were already in the work force, some, who at that time, were close to retirement age. In fact, about 30 million Social Security card applications were processed between November 1936 and the end of June 1937. It’s true that some people born before 1937 never got a card, so data for some of those early years is more of a representative sample.

### WHAT THINGS MUST YOU REPORT TO SOCIAL SECURITY WHEN YOU GET SSI?

By Ken Hess

Social Security Public Affairs Specialist for Northern Wisconsin

Supplemental Security Income (SSI) is a needs-based program for people who are disabled, blind, or aged. The amount you can receive is based on having limited income and resources. You must report any of the things listed below to us because they may affect your eligibility for SSI and your benefit amount:

- ◆ change of address;
- ◆ change in living arrangements;
- ◆ change in income including a change in wages or net earnings from self-employment, including your spouse’s income, if you are married and living together, and parents income if the SSI is paid for a child;
- ◆ change in resources including your spouse’s resources, if you are married and living together, and parents’ resources if receiving the SSI for a child;
- ◆ death of spouse or anyone in the household;
- ◆ change in marital status;
- ◆ change in citizenship or immigration status;
- ◆ change in help with living expenses from friends or relatives;
- ◆ eligibility for other benefits and/or payments;
- ◆ admission to or discharge from an institution (such as a hospital, nursing home, prison or jail);

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- ◆ change in school attendance (if you are under age 22);
- ◆ change in legal alien status;
- ◆ leaving the U.S. for 30 or more consecutive days or a full calendar month;
- ◆ a warrant issued for your arrest for a crime or attempted crime that is a felony; or
- ◆ a warrant has been issued for your arrest because you violated a condition of your parole or probation.

Ken Hess is the Public Affairs Specialist for Northern Wisconsin. You can contact Ken at 352 Grand Avenue, Wausau, Wisconsin 54403 or via email at [Kenneth.hess@ssa.gov](mailto:Kenneth.hess@ssa.gov).

## Swimming Safety Continued... (from bottom of page 5)

- Always obey pool rules.
- Swim with a buddy.
- If you're learning to swim, ask your mom or dad to make sure your flotation devices are Coast Guard approved.
- Walk slowly in the pool area. Don't run.
- Swim at a depth that is safe for you. If you're just learning to swim, stay in the shallow end.
- Don't push or jump on others. You could accidentally hurt someone or yourself.
- Toys to help you float come in many shapes and sizes (an inner tube, air mattress, or beach ball, for example). Although they are fun and can help you while you learn to swim, what they **can't** do is save a life. They're toys that can lose air or float away.
- Don't chew gum or eat while you swim — you could choke.

### Lakes and Ponds

Lots of kids swim in streams, lakes, or ponds. Extra care must be taken when swimming in these beautiful places. You can't always see the bottom of the lake or pond, so you don't always know the depth of the water. This is an additional reason to always swim with an adult.

Although the fish swimming around won't hurt you, some ponds and lakes may hide jagged rocks, broken bottles, or trash. Wear something to protect your feet. Also, watch out for weeds and grass, which can trap even a good swimmer. If you panic and try to yank yourself free, you may get even more tangled. Instead, shake and pull your arms and legs **slowly** to work yourself loose or call for an adult's help.

If you're going out on a boat, always wear a life jacket. (Again, the life jacket should be Coast Guard approved.) Even if you are a good swimmer, something could cause the boat to tip over and you could be trapped underneath.

### Water Parks

Kids love water parks — and why shouldn't they? Wave pools, giant slides, and squirting fountains are a lot of fun. To stay safe, find out what each attraction is like before jumping in. Some wave pools can get rough, so it's a good idea to have an adult nearby.

Here are other water park safety tips:

- Wear a life jacket if you don't know how to swim or if you're not a strong swimmer.
- Read all of the signs before going on a ride. Make sure you are tall enough, old enough, and don't have any of the medical conditions that are listed. If you have questions, check with a

parent or ask the lifeguard.

- Always make sure there's a lifeguard at each ride and listen to his or her instructions. Wait until the rider ahead of you has passed a safe point for you to go down the slide.
- Always go down the water slide face up and feet first. This is the safe and correct way to ride.
- When you go from ride to ride, don't run — it's slippery!
- Also, remember that each ride is different. Read each sign and note how deep the water is in the pool.

### But I Know How to Swim!

It's important to know your limits when it comes to playing in the water. You could develop a cramp (where a muscle in your body suddenly tenses up and causes pain) or other physical problem that makes it hard to swim. If you get a cramp, get out of the water for a while and give your muscles a rest. Waves can knock you down or push you to the ocean floor. Stay close to an adult or get out of the water when the waves get rough. People also get into trouble when they start to panic or become too tired to swim. It is important to know your limits.

Here are some other good water safety tips:

- Learn to swim. Ask your parents to contact your local American Red Cross or community center for information on boating or water safety courses.
- Always put on plenty of sunscreen before you go outside. It's also a good idea to wear sunglasses and a hat to protect your skin from the sun's harmful rays.
- Stop swimming or boating as soon as you see or hear a storm. Remember, lightning is electricity — electricity and water are a dangerous combination.
- Don't swim in the dark.

Wherever you're swimming, **do** have a waterfall of fun!

Reviewed by: Barbara P. Homeier, MD, December 2004, originally reviewed by: Steven Dowshen, MD, and Kate M. Cronan, MD

## Youth Activities Continued... (from bottom of page 3)

### Sand Volleyball

Boys and Girls Ages 10 – 13 Cost \$10.00  
Tuesdays and Thursdays – July 31 to August 16

### Flag Football

Boys and Girls Ages 8 – 13 Cost \$10.00  
Tuesdays and Thursdays – July 31 to August 16

### Frisbee Golf

Boys and Girls Ages 8 – 14 Cost \$8.00  
Tuesdays and Thursday – July 31 to August 16

### Kickball

Boys and Girls Ages 8 – 10 Cost \$6.00  
Fridays, August 3 – 17

### Yard Games

Boys and Girls Ages 8 – 10 Cost \$6.00  
Fridays, August 3 – 17

### Judo and Jujitsu

Boys and Girls Ages 6 – Adult  
Tuesdays All Year

Cost \$25.00 for 3 months/\$60.00 for 1 year, plus additional \$40.00 for annual dues to United States Judo Association to cover insurance.

(Continued on top of next column)

# Health Benefits Food Chart

These foods are everyday foods that have naturally occurring health benefits.

Apples	Protects Your Heart	Prevents Constipation	Blocks Diarrhea	Improves Lung Capacity	Cushions Joints
Apricots	Combats Cancer	Controls Blood Pressure	Saves Your Eyesight	Shields Against Alzheimer's	Slows Aging Process
Artichokes	Aids Digestion	Lowers Cholesterol	Protects Your Heart	Stabilizes Blood Sugar	Guards Against Liver Disease
Avocados	Battles Diabetes	Lowers Cholesterol	Helps Stop Strokes	Controls Blood Pressure	Smooths Skin
Bananas	Protects Your Heart	Quiets a Cough	Strengthens Bones	Controls Blood Pressure	Blocks Diarrhea
Beans	Prevents Constipation	Helps Hemorrhoids	Lowers Cholesterol	Combats Cancer	Stabilizes Blood Sugar
Beets	Controls Blood Pressure	Combats Cancer	Strengthens Bones	Protects Your Heart	Aids Weight Loss
Blueberries	Combats Cancer	Protects Your Heart	Stabilizes Blood Sugar	Boosts Memory	Prevents Constipation
Broccoli	Strengthens Bones	Saves Eyesight	Combats Cancer	Protects Your Heart	Controls Blood Pressure
Cabbage	Combats Cancer	Prevents Constipation	Promotes Weight Loss	Protects Your Heart	Helps Hemorrhoids
Cantaloupe	Saves Eyesight	Controls Blood Pressure	Lowers Cholesterol	Combats Cancer	Supports Immune System
Carrots	Saves Eyesight	Protects Your Heart	Prevents Constipation	Combats Cancer	Promotes Weight Loss
Cauliflower	Protects Against Prostate Cancer	Combats Breast Cancer	Strengthens Bones	Banishes Bruises	Guards Against Heart Disease
Cherries	Protects Your Heart	Combats Cancer	Ends Insomnia	Slows Aging Process	Shields Against Alzheimer's
Chestnuts	Promotes Weight Loss	Protects Your Heart	Lowers Cholesterol	Combats Cancer	Controls Blood Pressure
Chili peppers	Aids Digestion	Soothes Sore Throat	Clears Sinuses	Combats Cancer	Boosts immune System
Figs	Promotes Weight Loss	Helps Stop Strokes	Lowers Cholesterol	Combats Cancer	Controls Blood Pressure
Fish	Protects Your Heart	Boosts Memory	Protects Your Heart	Combats Cancer	Supports Immune System
Flax	Aids Digestion	Battles Diabetes	Protects Your Heart	Improves Mental Health	Boosts Immune System
Garlic	Lowers Cholesterol	Controls Blood Pressure	Combats Cancer	Kills Bacteria	Fights Fungus
Grapefruit	Protects Against Heart Attacks	Promotes Weight Loss	Helps Stop Strokes	Combats Prostate Cancer	Lowers Cholesterol
Grapes	Saves Eyesight	Conquers Kidney Stones	Combats Cancer	Enhances Blood Flow	Protects Your Heart
Green tea	Combats Cancer	Protects Your Heart	Helps Stop Strokes	Promotes Weight Loss	Kills Bacteria
Honey	Heals Wounds	Aids Digestion	Guards Against Ulcers	Increases Energy	Fights Allergies
Lemons	Combats Cancer	Protects Your Heart	Controls Blood Pressure	Smooths Skin	Stops Scurvy
Limes	Combats Cancer	Protects Your Heart	Controls Blood Pressure	Smooths skin	Stops Scurvy
Mangoes	Combats Cancer	Boosts Memory	Regulates Thyroid	Aids Digestion	Shields Against Alzheimer's
Mushrooms	Controls Blood Pressure	Lowers Cholesterol	Kills Bacteria	Combats Cancer	Strengthens Bones
Oats	Lowers Cholesterol	Combats Cancer	Battles Diabetes	Prevents Constipation	Smooths skin
Olive oil	Protects Your Heart	Promotes Weight Loss	Combats Cancer	Battles Diabetes	Smooths skin
Onions	Reduce Risk of Heart Attack	Combats Cancer	Kills Bacteria	Lowers Cholesterol	Fights Fungus

## Surfing the Web?

Here are some friendly sites!

[www.swwisconsinlife.com](http://www.swwisconsinlife.com)

A website completely dedicated to life in South West Wisconsin that keeps current with local events and opportunities for everyone.

[www.familiesusa.org](http://www.familiesusa.org)

Since 1982, Families USA has worked to promote high-quality, affordable health care for all Americans. As a national nonprofit, nonpartisan organization, we work at the federal, state, and community level to achieve this goal.

Some websites for children's activities:

[www.kaboose.com](http://www.kaboose.com)

[www.SuperNanny.com](http://www.SuperNanny.com)

[www.Family.com](http://www.Family.com)

[www.Toddler.YeahBaby.com](http://www.Toddler.YeahBaby.com)

[www.creativekidsathome.com](http://www.creativekidsathome.com)

[www.kidsdomain.com](http://www.kidsdomain.com)

## Geezer Quiz

1. What postwar car turned automotive design on its ear when you couldn't tell whether it was coming or going?

- a. Studebaker
- b. Nash Metro
- c. Tucker

2. Which was a popular candy when you were a kid?

- a. Strips of dried peanut butter
- b. Chocolate-licorice bars
- c. Wax coke-shaped bottles with colored sugar water inside

3. How was Butch wax used?

- a. To stiffen hair cut into a flattop so it stood up
- b. To make floors shiny and prevent scuffing
- c. On the wheels of roller skates to prevent rust

4. Before inline skates, how did you keep your roller skates attached to your shoes?

- a. With clamps, tightened by a skate key
- b. Woven straps that crossed the foot
- c. Long pieces of string or twine

Answers:

1. a) 1946 Studebaker.  
 2. c) Wax coke bottles containing super-sweet colored water.  
 3. a) Wax for your flat top (butch) haircut.  
 4. a) With clamps, tightened by a skate key, which you wore on a shoestring around your neck.

## Our House Blood Pressure Clinics

Our House Senior Living offers **FREE** Blood Pressure Clinics. Every Thursday, from 9am – 4pm, you are welcome to stop in and have your blood pressure checked by an experienced professional, receive valuable health related information, and join us for snacks and refreshments. No appointment necessary. If you have any questions, please feel free to contact the Community Relations Specialist, at 604-8940 or 647-4500.

## Immunization Clinics

Richland County Health  
& Human Services,  
Public Health  
(608) 647-8821

### Richland Center

Second Wednesday of the month, 9-12 & 1-4 p.m.  
 Fourth Monday of the month, 4-6 p.m.  
 Fourth Thursday of the month, 4-6 p.m.

#### Location:

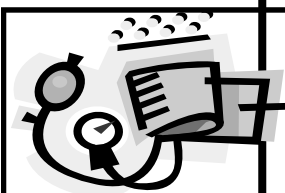
RCHHS Public Health  
 Community Services Building  
 221 West Seminary Street  
 Richland Center, WI 53581

Childhood immunizations and Adult Tetanus are provided at no charge.

Please bring your immunization record to clinic.

Adult Hep B is available at a nominal charge.

Signature of a parent or legal guardian is necessary on our permission form unless child is 18 years of age.



## FREE Blood Pressure Clinics

Blood pressure clinics will be held at 11:30 a.m. on the following dates:

**Richland Center Meal Site**  
 Town and Country Church  
 July 10<sup>th</sup> and August 14<sup>th</sup>

**Viola Meal Site**  
 Old Grade School  
 July 24<sup>th</sup> and August 21<sup>st</sup>

**Rockbridge Meal Site**  
 Elementary School Building  
 July 13<sup>th</sup> and August 10<sup>th</sup>

For more information on the nutrition site blood pressure clinics, contact the:

Aging and Disability Resource Center at  
**608-647-4616**

**Do you have a friend who cannot read this newsletter because of poor eyesight?**

**This newsletter is available on cassette tape and may be borrowed from the Aging & Disability Resource Center.**

**For more information, call 608-647-4616.**

# Community Events Calendar

## J U L Y

<b>Jul</b>	<b>Farmers Market in Richland Center</b>	Courthouse Square	Saturdays - 8 am to sold out	608-604-2838	Fresh fruits, veggies, and more by local farmers
		Krouskop Park	Wednesdays - 3 to 6:30 pm		
<b>Jul</b>	<b>Akey School Museum</b>	County TB	Sundays 1-4 pm	608-647-4860	Fully restored one-room rural schoolhouse, by Richland County Historical Society
<b>1</b>	<b>Richland Center 4th of July Celebration</b>	Krouskop Park, Hwy 14 W.	At dark	608-647-3466	by the City of Richland Center
<b>4</b>	<b>Lone Rock 4th of July Celebration</b>		At Dark	608-583-2335	Family event featuring parade, food, & fireworks set to music at dark, by Town of Lone Rock
<b>6</b>	<b>Treasures Music with Kydd &amp; Byrd</b>	Dr. Kilian H. Meyer Building, Krouskop Park	6:30 - 10 pm	608-647-7358	Acoustic Rock, summer picnic, bring chairs, by Treasures Music
<b>20-22</b>	<b>Caz Celebration</b>	Park in Cazenovia		608-983-2256	Horseshoe tourney, ball games, DJs, rides & a parade, by Town of Cazenovia
<b>21</b>	<b>Boaz Fun Daze Truck Pull</b>	Boaz Park	10:00 am till finish	536-3970	Come out and enjoy loud trucks and more power. Food and beverages provided on grounds
<b>25</b>	<b>Sign up for Richland Center Archery Club Broadhead League</b>			Jim Birch 647-3423 or Herb Moore 647-4103	6 Week league
<b>27, 28, 29</b>	<b>Hub City Softball Tournament &amp; Fireworks</b>	Mick Memorial Park, Hwy 80 in Hub City	Fri - 8 am to 12 pm Sat - 9 am to 12 pm Sun - 9 am to 8 pm	608-647-2079	Euchre at 7:30 pm, Music at 8 pm, Men's Softball Music at 8 pm, Men's Softball, Fireworks at 10 pm Euchre at 1 pm, Men's Softball, by Mick Memorial Park

## Poison Prevention!

### Know your plants!

If you have pets or small children, make sure you know the name of the outdoor plants growing around your house. When a child gets into a plant, the greatest time delay usually is finding out the name of the plant. This can delay the ability of a Poison Center specialist to give recommendations, so know what's growing in your backyard. If you are unsure of a plant's identity, take a sample to a local garden shop, where staff can identify the plant for you.

### An ounce of prevention

Remember to get rid of any outdated prescription medications you have in your home. These items should not be flushed down the toilet. Instead, pour them into soft garbage, like vegetable peelings or coffee grounds, then wrap them in newspaper and dispose of them in the regular garbage. If you live in a rural community, investigate the disposal recommendations for your local municipality or organize a local medication collection day.

### Know your measures when giving medicine!

#### Measure twice and pour once.

Often callers to the Poison Center report they mistake the measurements on the liquid medication cup and give their child too much medicine. Make sure you are familiar with the measuring cup you are using and that you are measuring in teaspoons and half-teaspoons, *not* tablespoons.

### A Phone Number you should know!

Did you know there is one telephone number for poison centers throughout the country? Similar to 911, if you dial

**1-800-222-1222**

from anywhere in the country, you will be connected to the poison center for your state or region. Learn the emergency telephone number for poison help and remember, when in doubt, check it out!

# Community Events Calendar

## AUGUST

Aug	Farmers Market in Richland Center	Courthouse Square Krouskop Park	Saturdays - 8 am to sold out Wednesdays - 3 to 6:30 pm	608-604-2838	Fresh fruits, veggies, and more by local farmers
Aug	Akey School Museum	County TB	Sundays 1-4 pm	608-647-4860	Fully restored one-room rural schoolhouse, by Richland County Historical Society
1	Sign up for Richland Center Archery Club Broadhead League			Jim Birch 647-3423 or Herb Moore 647-4103	6 Week league
3	Treasures Music with Artist Fun Night	Blue Highways, 165 N. Central Ave.	6:30 - 10 pm	608-647-7358	Caribbean dinner served, by Treasures Music
4	Midwest Scroll Saw Trade Show	RC Middle School, Hwy 80 S.	8 am to 4 pm	608-647-2591	Scrollers, vendors for saws, patters, lumber, display of products & information, \$5 admittance, by Ocooch Hardwoods & the Art Factory
7	Purple Heart Day	Memorial Flag Park, Hwy 14 W		608-647-8491	Ceremony honoring Purple Heart recipients from southwestern Wisconsin
11-Oct	Walk With Grace	Krouskop Park, Hwy 14 W.	6 pm on the 10th to 10 am on the 11th	608-604-8255	An event held to raise funds to assist local cancer patients, fund research, fund medical community, by Greater Richland Area Cancer Elimination, Inc.
16	"Brass-R-Us" Lawn Concert,	Schmitt Woodland Hills, 1400 W. Seminary St.	7 to 8 pm	608-647-8931 x 302	A local brass quintet of trumpets, trombone, and French horn showcases their best music from modern, pop, to classical, by Schmitt Woodland Hills
18	Summer Social	St. Johns Evangelical Lutheran Church, 479 S. Park St.	4:30 to 7 pm	608-647-3000	Hot turkey and BBQ beef sandwiches, baked beans, homemade potato salad and pies, relishes, ice cream, and watermelon. Adults \$5, 3-10 \$3, 3 & under Free, by St. Johns Evangelical Lutheran Church
25-26	Archery Shoot - Richland Center Archery Club			Jim Birch 647-3423 or Herb Moore 647-4103	28 Broadhead and 32 3-D Targets, Food and refreshments available
24-26	Hub City Softball Tournament & Fireworks	Mick Memorial Park, Hwy 80 in Hub City	8 am to 12 pm	608-647-2079	Euchre at 7:30 pm, Music at 8 pm, Men's Softball, by Mick Memorial Park

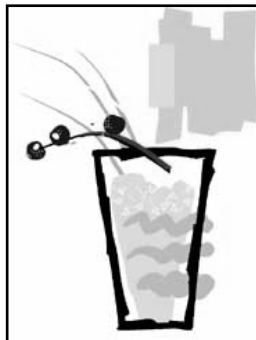
## SEPTEMBER

Sep	Farmers Market in Richland Center	Courthouse square Krouskop Park	Saturdays - 8 am to sold out Wednesdays - 3 to 6:30 pm	608-604-2838	Fresh fruits, veggies, and more by local farmers
6-9	Richland County Fair	Richland County Fairgrounds, 23630 County AA	All day & evenings	608-647-6859	Carnival, exhibits, entertainment, tractor pulls, demo derby, food and more. Adults \$4, 6-16 \$2, 5 & under Free, by Richland County Fair,
7	Treasures Music with Lee & Frank	Blue Highways, 165 N. Central Ave.	6:30 - 10 pm	608-647-7358	Acoustic Harmonies, Italian dinner served, by Treasures Music
7	Senior King and Queen Crowning	Richland County Fair, Hwy AA at the Fairgrounds	1 pm to 4 pm	608-647-4726	20th Annual crowning at the Fair, with music & refreshments. Gate admittance fee, by Richland County AARP

## Blueberry Smoothies And Drinks

### BERRY BLUE SMOOTHIE

2 cups fresh or slightly thawed frozen blueberries  
1 container (8 ounces) lowfat vanilla yogurt  
1 cup milk  
1 can (6 ounces) unsweetened pineapple juice  
3 tablespoons honey  
1-1/2 cups ice cubes (about 16 cubes)



In the container of an electric blender container, place blueberries, yogurt, milk, pineapple juice and honey; whirl until smooth. Add ice cubes, a few at a time, whirl until finely crushed. Serve immediately.

*Yield:* 4 portions - about 5 cups  
*Per Serving:* 200 calories, 5 grams protein, 3 grams fat, 40 grams carbohydrate

This newsletter is prepared and submitted six times yearly to the residents of Richland County by Health and Human Services.

Editor: Patrick Metz.

All questions regarding this newsletter should be addressed to:

Patrick Metz, Business Manager  
1000 US Highway 14 W  
Richland Center, WI 53581  
(608) 647-6384

[metzp@co.richland.wi.us](mailto:metzp@co.richland.wi.us)

To view this newsletter as well as past editions of this newsletter please visit our website.

<http://co.richland.wi.us/departments/hhs/newsletter/index.html>

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# JULY, 2007

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

<b>2</b> Beef Casserole w/Vegetables, Tator Tots, Cottage Cheese, Peaches	<b>3</b> Hamburger/Bun, Cheese/Tomato/Onions & Pickles on the side, Baked Beans, Potato Salad, Cookie		<b>5</b> Pork Chop, Potatoes, Broccoli, Applesauce	<b>6</b> Pizza Casserole, Garlic Bread, 7-Layer Salad, Cheesecake w/ Fruit
<b>9</b> Baked Ham, Sweet Potatoes, Italian Blend Vegetables, Pineapple	<b>10</b> Goulash, Corn Bread & Honey, Cook's Choice Salad & Dessert	<b>11</b> Roast Beef, Mashed Potatoes/Gravy, Carrots, Fruited Jell-O w/ Topping	<b>12</b> Chicken Salad, Bun, Potato Salad, Melon Mix, Sugar Cookie	<b>13</b> Chop Suey with Oriental Vegetables, Rice, Cabbage Salad, Fruit Crisp
<b>16</b> Oven Fried Fish, Potatoes, Beets, Lemon Bar	<b>17</b> Pork Steak, Cheesy AuGratin Potatoes, 3 Bean Salad, Strawberry Shortcake w/ Topping	<b>18</b> Chicken ala King, Baking Powder Biscuit w/ Honey, Peas, Cottage Cheese, Peaches	<b>19</b> Swiss Steak, Mashed Potatoes, Gravy, California Blend Vegetables, Fruited Jell-O w/ Topping	<b>20</b> Swedish Meatballs, Buttered Noodles, Green Beans, Melon
<b>23</b> Bar-B-Q Beef, Bun, Macaroni Salad, Baked Beans, Pears	<b>24</b> Tuna Casserole, Peas, Cottage Cheese, Pineapple, Cookie	<b>25</b> Meatloaf, Baked Potato / Sour Cream, Carrots, Cucumber Salad, Birthday Cake	<b>26</b> Roast Pork, Hashbrown Potato Casserole, Cabbage Salad, Applesauce	<b>27</b> Baked Chicken (Legs & Thighs), Mashed Potatoes, Gravy, Corn, Pudding Torte
<b>30</b> Polish Sausage, Sauerkraut, Macaroni & Cheese, Mandarin Oranges	<b>31</b> Turkey, Mashed Potatoes, Gravy, Peas & Carrots, Cranberries, Pumpkin Bar	<b>Richland County Nutrition Program</b>		

**For Information (or reservation) about the Nutrition Program, please call:**  
**Richland Center – Town & Country Presbyterian Church – Paula White @ 647-2323**  
**Viola – Lorraine White @ 627-1869**      **Germantown – Judy Thompson @ 983-2786**  
**Rockbridge – Juanita Wahl - Serve on Monday, Wednesday & Friday @ 647-9187**  
**Boaz – Karen's Supper Club - Serve on Wednesdays only at 11:30 – 536-3792**

# AUGUST, 2007

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

<b>Tip of the Month</b> – Chopped roasted garlic adds a rich note to salad dressings, stir fries, and dips. Look for it in resealable plastic containers of already roasted garlic in the produce section, next to the packaged fresh herbs.		<b>1</b> Chicken Chow Mien over Rice (Includes Vegetables), Tossed Salad, Pineapple Tidbits	<b>2</b> Cook's Choice Sandwich & Salad, Baked Beans, Cookie	<b>3</b> Country Fried Steak, Potatoes, California Blend Vegetables, Bread Pudding w/ Sauce
<b>6</b> Ham, Scalloped Potatoes, Green Beans, Peaches	<b>7</b> Oven Fried Chicken, Baked Potato, Sour Cream, Peas, Relishes, Fruit Crisp	<b>8</b> Roast Beef, Mashed Potatoes, Gravy, Carrots, Angelfood Cake w/ Strawberries & Topping	<b>9</b> Pork Chop, AuGratin Potatoes, Beets, Pears	<b>10</b> Lasagna, Garlic Bread, 7-Layer Salad, Melon
<b>13</b> Baked Fish, Potatoes, Peas, Mandarin Oranges	<b>14</b> Bratwurst, Bun, German Potato Salad, Calico Beans, Brownie	<b>15</b> Baked Chicken, Mashed Potatoes, Gravy, Squash, Fruited Jell-O w/ Topping	<b>16</b> Chili/Goulash, Cornbread, Honey, Cabbage Salad, Apricots	<b>17</b> Pork Cutlet, Hashbrown Casserole, Corn, Molasses Cookie
<b>20</b> Chicken Filet, Bun, Tator Tots, Baked Beans, Tropical Fruit	<b>21</b> Glazed Ham Loaf, Baked Potato, Sour Cream, Green Beans, Pineapple Up-Side-Down Cake	<b>22</b> Roast Pork, Cheesy AuGratin Potatoes, Broccoli, Applesauce Gelatin	<b>23</b> Spaghetti & Meat Sauce, Soft Bread Sticks, Tossed Salad, Peach Cobbler	<b>24</b> Beef Stew, Baking Powder Biscuit, Cabbage Salad, Custard
<b>27</b> Pork Chop, Sweet Potatoes, Green Beans, Applesauce	<b>28</b> Hamburger, Bun, Cheese, Tomato, Onion, Pickles, Potato Salad, Baked Beans, Chocolate Chip Cookie	<b>29</b> Swiss Steak, Mashed Potatoes, Gravy, Carrots, Birthday Cake	<b>30</b> Chicken & Noodles, Cheese Bread, Peas, Tossed Salad, Peaches	<b>31</b> Country Style BBQ Ribs, Baked Potato, Sour Cream, California Blend Vegetables, Blueberry Torte