

# Children receive free helmets, have fun at bicycle rodeo

By CAROLYN PLOTTS

Children in Norton, Graham and Phillips counties are learning about bicycle safety and having fun at the same time.

A bicycle rodeo was held Monday at Eisenhower Elementary for children in kindergarten through second grade. Northern Valley Elementary will have their rodeo today; Hill City rodeo is planned for Wednesday and Phillipsburg will have its rodeo Thursday.

When the rodeos are completed, over 400 youngsters will have taken the safety course.

Prompted by the loss of their 6-year-old grandson, Chaston VanDerVeen, in a biking accident a little over a year ago, Jay and Judy VanDerVeen, Prairie View, have established a bicycle safety program.

The Chaston VanDerVeen Memorial Bicycle Safety Program has a board of directors that works in conjunction with the Safe Kids Coalition. Together, they were able to provide safety helmets for each student taking the course.

Toby Kuhn, Norton assistant police chief, and an uncle of Chaston, helped coordinate the rodeos.

"The outpouring of support from the city and the community was amazing," he said.

Officer Kuhn said several city employees helped with the rodeo. He also praised the teachers, parents and community volunteers who helped.

Other law enforcement officers who took part in Monday's rodeo were Kansas State Highway patrolmen Doug Griffiths and Dave Schoengerger; Norton County



This drawing of Chaston VanDerVeen was on display Monday at Eisenhower Elementary during the bicycle safety program established in his name. Chaston was only 6, when he was killed in a bicycle accident.

— Telegram photos by Carolyn Plotts

Sheriff Troy Thomson, Undersheriff Rick Wenzl and Deputy Scott Bohl; and Norton City Police Chief Lynn Menagh and officers Pat Morel and Brian Shannon.

Officer Kuhn said the safety program is to teach bike safety and to encourage the children to wear their helmets.

"We want to do everything we can to prevent head injuries," he said.

Each child received a certificate of participation, a water bottle, an activity book and a junior police badge plus a coupon from Pizza Hut for a personal pan pizza.

Mr. Kuhn said he has plans for a tie-in program this summer. He wants the Norton Police Department to partner with local busi-

nesses to provide coupons for an ice cream, soda or something similar to kids who "get caught" wearing their safety helmets.

"That is one ticket they'll be glad to get," he said.



Kansas State Highway Patrolman Doug Griffiths, instructs a young cyclist on the proper way to signal a turn during a bicycle rodeo at Eisenhower Elementary on Monday.

## Recommend new dietary guidelines

This spring, the government plans to release a new dietary guidance system. Recently some preliminary information on key dietary recommendations came our way.

Here is a sampling:

### Food Groups to Encourage

Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 1/2 cups of vegetables per day are recommended for a reference 2,000-calorie intake, more or less depending on how much you need to eat.

Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

Consume three or more whole-grain products per day, with the rest from enriched or whole-grain products. In general, at least half the grains should come from whole grains.

Consume three cups per day of fat-free or low-fat milk or milk products, or the equivalent.

### Fats

Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fat consumption as low as possible.

Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils.

When selecting and preparing meat, poultry, dry beans and milk

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or milk products, make choices that are lean, low-fat or fat-free.

Limit intake of fats and oils high in saturated and/or trans fats, and choose products low in these fats and oils.

### Carbohydrates

Choose fiber-rich fruits, vegetables and whole grains often.

Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.

Reduce the incidence of tooth decay by practicing brushing your teeth and consuming less sugar and starch, especially sugary soda.

### Sodium and Potassium

Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.

Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

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## Kids Day will be held at Prairie Dog State Park

Saturday will be Kids Day at Prairie Dog State Park starting at 1 p.m.

Youngsters can enjoy a fishing clinic, sponsored by the Longspur Chapter of Pheasants Forever, and an archery clinic, sponsored by the Norton Archery Club.

There will also be a laser hunting and a shooting simulator, which will duplicate hunting situations and target shooting scenarios.

The Norton Rural Fire Department will be out this year to talk about fire safety and show off one of their trucks.

All youngsters will get a gift and will be registered for prizes. They can also enter an essay contest for a chance to win \$100.

Youngsters should meet at the park office. Anyone interested in sponsoring an event or helping that day can contact the park office at (785) 877-2953.

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