

KIDS' SPOTLIGHT

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Local Daycare Providers

Welcome to the first edition of the Kids' Spotlight, brought to you by your local Norton County Daycare providers. We hope to encourage you and also inform you on how important you are in the life of a child.

Please use this information to best suit you and your family. We have included crafts, games, recipes, books and other things for you to think about. This article is our opinion based on the time we spend with children. We are not doctors or psychologists, but we are caring people, wanting to help make a difference in the eyes of children.

Also, just as a reminder, please slow down and let the children cross State Street Thursday mornings. Thank you for reading and we hope you enjoy.

DIET

Healthful eating is important to you. After all, you want your family to have energy, be healthy and stay well. You want your child to grow properly. You control your family's food choices more than you think.

For your family's health, the Dietary Guidelines of Americans can be a guide to smart eating and active living. This advice is meant for anyone in your family, ages two and up.

Aim for Fitness... Aim for a healthy weight and be physically active each day.

Build a Healthy Base... Let the pyramid guide your food choices; eat a variety of grains, especially whole grains, fruits and vegetables daily; and keep food safe to eat.

Choose Sensibly... Pick a diet that is low in saturated fat and cholesterol and moderate in total fat; choose beverages and foods to moderate your intake of sugars; and choose and prepare foods with less salt.

Make Healthy Choices... Healthy choices that fit your lifestyle can help you do the things you want to do. Here are some easy steps you can take.

- Be realistic. Make small changes over time in what you eat and in the level of activity you do. After all, small steps work better than giant leaps.

- Be adventurous. Expand your tastes to enjoy a variety of foods. Choose new vegetables to try.

- Be flexible. Go ahead and balance what you eat and the physical activity you do over several days. There's no need to worry about just one meal or one day.

- Be sensible. Enjoy all foods, just don't over do it. Enjoy one ice cream scoop, but not two.

- Be active. Walk the dog, don't just watch the dog walk. Take a brisk family walk after supper.

Eat smart and move more to take care of you, which will help you to have energy and the health to enjoy your family.

For more information about the Dietary Guidelines for Americans, check this website out: www.cnpp.usda.gov.

EXERCISE

Fall is the perfect time for nature walks. Take along a book bag or plastic bag to gather things you find while walking — twigs, leaves, bark, pine cones, etc. Explain the change in seasons to your child and how and why trees change colors. Once you have returned home, get out your paper, glue, markers, tape and

anything and everything you need to create a beautiful collage together. Be creative, find that child in you and have fun.

Here's a song to sing while working with your child. It is to the tune of "Do You Know the Muffin Man?" Make your own dance moves to fit the song.

Have you seen the pumpkin man, the pumpkin man, the pumpkin man, who lives in the pumpkin patch? Yes, we've seen the pumpkin man, the pumpkin man, the pumpkin man, Yes, we've seen the pumpkin man, who lives in the pumpkin patch.

CRAFTS

Fall crafts, one to three years of age

You will need one brown sheet of construction paper, one white sheet of construction paper, one sheet of wax paper the same width as construction paper, white paper glue, and fall colors of paint.

Take the brown paper and creatively tear a tree trunk out. Glue it onto the white paper. Take your paint and place small droplets on the paper. You may want to put paint drops in the tree for leaves or around the bottom for grass. Once you have all your paint ready, take the wax paper and lay it on top of the white, smearing the paint softly with your hand. Take the wax paper off and throw it away. This should make a beautiful fall tree.

Fall crafts, three years and over

You will need construction paper or tissue paper in multiple colors and contact paper.

Cut two pieces of contact paper the same size, 5x7. Peel one piece of contact paper, take the tissue paper and tear out a tree, a ghost or a pumpkin (make different designs for different seasons). Make a frame to go around the outside of your contact paper with construction paper. It should look like a framed piece of work. Once you have the design done, take the other piece of contact paper and place on top, putting the sticky sides together. Hang in a window and you have a piece of stained glass.

RECIPES

No-bake pumpkin pudding, one serving.

You will need 2 tablespoons of pumpkin pie filling, 1 tablespoon of marshmallow creme, and 1 tablespoon of whipped topping.

Mix the pumpkin pie filling, marshmallow creme and whipped topping. Place in serving bowl.

No-cook orange ball cookies
You will need 35 vanilla wafers, 1/4 a cup of orange juice, 2 tablespoons of sugar, and powdered sugar.

Crush the vanilla wafers and then add orange juice and sugar. Mix well. Roll into balls with moistened hands. Roll balls in powdered sugar.

Rice Krispies pumpkins

You will need 6 cups of Rice Krispies, 1/4 a cup of margarine, 36 marshmallows, one teaspoon of vanilla (optional), and orange food coloring.

In a large saucepan over low heat, melt the margarine and then add the marshmallows, stirring constantly until melted. Remove pan from heat, then add orange food coloring and vanilla. Stir and pour over Rice Krispies. Carefully stir mixture until coated. Cool slightly and roll into balls. Decorate faces on balls using shoelace licorice for mouth, green gum drops for the stem, and M&Ms or Red Hots for the eyes and nose.

SOCIAL SKILLS

Praising Children

Children flourish and thrive when they receive praise from the important adults in their lives. Praise is an essential component of a child's daily life. Through it, a child receives a positive, ego-building message that say, "you are unique," "you are important to me," and "you can do it."

Here are some effective ways to offer the gift of praise.

- Increase your praise level. Criticism is often long and detailed, but praise is short. It's easier to find fault than it is to see and express the many positives in a child.

- Be specific. Rather than using vague and general terms, shape your vocabulary to be explicit and precise about what you want to commend. Instead of saying, "I love your painting," try saying, "you have a fantastic eye for color."

- Stay honest. Indiscriminate praise over every act and event will make the child question your sincerity as a parent. Children know when parents are insincere.

- Identify progress. Like adults, children want to know when they are developing and improving their skills. Imagine how the young girl felt after she completed a series of cartwheels and heard her mom say, "Wow! You did four cartwheels in a row. That's something you couldn't have done a year ago."

- Don't compare. Stay away from statements like, "you are the best reader in your class" and, "you ran faster than the other team players." While such statements may not be false, they put someone else down. Comparisons can work against a child, promoting unnecessary competition and the fear of failure. Also, no parent should ever compare his or her child negatively with another child.

- Commend effort, not results. Children will be greatly motivated when they are praised simply for the attempt of doing something new.

In addition to words of praise, try reinforcing your comments with a physical act. A warm embrace, a loving kiss and a high five will serve to strengthen words of approval and admiration.

BOOKS

Try reading these books with your child.

- & "I Know It's Autumn" by Eileen Spinelli

- & "The Leaves Are Falling One by One" by Steve Metzger

- & "Pumpkin Pumpkin" by Jeanne Titherington

- & "It's Pumpkin time" by Zoe Hall

SHOPPING

Early Bird Christmas Shopper's Gift Ideas

- Infants — Black and white toys, mirrors, plastic links, inflatable toys, pop-up pals, rattles, pull and push toys, and soft, safe balls.

- One year old — Rock-n-roll stacker, blocks, a top, a telephone, nesting toys, cobbler's bench, and four wheeled riding toys.

- Two years old — Pots and pans, dishes, a shape sorter, jumbo crayons, a flannel board, and a large pegs-n-peg board.

- Three years old — Washable markers, finger paints, play dough and recipes, musical and rhythm instruments, lacing cards, a magna doodle, and puppets.

- All ages — Books, sing-along tapes, tape player, bean bags, insert puzzles, balls, busy beads, xylophone, and games like Memory Lotto, Connect Four, Candyland, and Hi-Ho Cherry-O.

Remember to save your Christmas wrapping paper tubes, which can be used in fun games.

in Norcatour will be open from 6 a.m. to 8 p.m.; The Station, Almena is open for lunch; and The Time Zone will be open at 5 p.m. until close.

Bars

O'Brien's Pit Stop will open a little early from 1 p.m. until 2 a.m.

Theater

Norton Theatre will be showing a world premier of "Fred Claus". It is a PG rated movie and will be shown Monday at 7 p.m.

The other movie showing is the "Bee Movie". It, too is PG and shows at 7 p.m.

Because both movies are premiers, only premier movie passes will be accepted.

Discount Stores

Pamida will maintain their regular schedule from 9 a.m. to 9 p.m. as will Dollar General from 9 a.m. to 8 p.m.

Drug Stores

Pamida Pharmacy will be open Monday. Moffet Pharmacy and Drug Store will open at 8:30 a.m., close during the parade, re-open after the parade and stay open until 5:30 p.m.

Public Offices

All city and county offices will be closed Monday in observance of Veterans' Day. However, the Norton Public Library will re-open at 6:15 p.m. for a children's "pajama party" until 7:30 p.m.

Schools

Logan and Lenora schools will maintain their regular schedules. Norton and Northern Valley Schools will both dismiss at 1 p.m. to allow students to either watch or participate in the parade.

Health Care

Doctors Clinic will be open Monday from 8:30 a.m. to 5 p.m. but the Norton County Health Department will be closed.

Winter weather part of life again

(Continued from Page 1) occurring.

√Snow Advisory — Snow accumulations of 3-5 inches, either imminent or occurring (2-3 inches early in season).

√Ice Storm Warning — Damaging freezing rain, accumulations over 1/4 inch, either imminent or occurring.

√Freezing Rain Advisory — Light freezing precipitation accumulations under 1/4 inch, either imminent or occurring.

√Sleet Warning — Sleet accumulations over 1/2 inch, either imminent or occurring.

√Sleet Advisory — Sleet accumulations under 1/2 inch, either imminent or occurring.

√Winter Storm Warning — A combination of hazardous winter weather (snow, freezing rain, sleet exceeding warning criteria), either imminent or occurring. Local criteria include 6 inches of snow in 12 hours, 8 inches of snow in 24 hours, 1/4 inch or more of ice, 1/2 inch or more of sleet.

√Winter Weather Advisory — A combination of hazardous winter weather (snow, freezing rain or drizzle, sleet exceeding advisory criteria), either imminent or occurring. Local criteria includes 3-5 inch snow accumulations (2-3 inches early in season), 1/4 mile visibility in blowing snow (winds under 35 mph), freezing rain/drizzle accumulations under 1/4 inch, sleet accumulations under

1/2 inch.

√Winter Storm Watch — Issued when winter storm conditions (blizzard, heavy snow, heavy freezing rain, heavy sleet) are expected within 12 to 48 hours.

√Wind Chill Warning — Wind chill temperatures expected to be hazardous to life within several minutes of exposure. Local criteria: Wind chill -25 F or less, wind speed at least 10 mph.

√Wind Chill Advisory — Wind chill temperatures expected to be a significant inconvenience to life with prolonged exposure. Local criteria: Wind chill between -15 and -24 F, and wind speed at least 10 mph.

√Dense Fog Advisory — Fog reducing visibility to 1/4 mile or less over a widespread area.

√Freeze Warning — Surface air temperature at or below 28 F for at least one hour. Used primarily for events at the beginning and end of the growing season.

√Frost Advisory — Surface air temperature between 29 and 36 F, with light winds and expected frost. Used primarily for events at the beginning and end of the growing season.

√High Wind Warning — Sustained winds at or exceeding 40 mph for at least one hour, or any wind gust at least 58 mph.

√Wind Advisory — Sustained winds of 30 to 39 mph for three hours, or any wind gust at least 45 mph.

√Dust Storm — Sustained

winds of 25 mph or greater, resulting in widespread visibility below 1/4 mile in blowing dust.

√Blowing Dust Advisory — Any sustained wind resulting in widespread visibility between 1/4 and one mile in blowing dust.

Precipitation Definitions

√Snow Flurries — Light snow falling for short durations. No accumulation or light dusting expected.

√Snow Showers — Snow falling at varying intensities for brief periods of time. Some accumulation possible.

√Snow Squalls — Brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known in the Great Lakes region.

√Blowing Snow — Wind-driven snow reducing visibility and causing significant drifting. Blowing snow may be falling snow and/or loose snow on the ground picked up by the wind.

√Sleet (ice pellets) — Rain drops that freeze into ice pellets before reaching the ground. Sleet usually bounces when hitting a surface and does not stick to objects; however, it can accumulate and cause a hazard to motorists.

√Freezing Rain — Rain falling onto a surface with a temperature below freezing, resulting in a coating or glaze of ice on surfaces, such as trees, cars and roads. Even small accumulations create a significant hazard.

Drama troupe prepares for performance

(Continued from Page 1) The first showing will be Saturday at 7:30 p.m. The second performance will be a matinee on Sunday, Nov. 11 at 2:30 p.m. Admission prices are \$4 for adults and \$3 for students.

Cast members include: Seniors, Aaron VanDerWege, Tabitha Vin-

cent, Jared Cox, Ashley Maybon, Cherean Kendell, Cyndie Milnes, Karlynn Kent, Alex Thomas, Cindel Harrington and Valerie Wagoner; Juniors, Lucy Gosselin, Emily Scott, Josh Gallentine, David Roman, Stephanie Shepard and Jacob VanSkike; Sophomores, Casey Robison, Mat-

thew Pollock, Anna Cummings, Alexis Mangold and Austine Dole; Freshmen, Maia Carlson, Jade Braun, Bekah Streck, Tanner Morel, Katie Scott, Matt Carlton and Kelsie Morel.

The play is under the direction of Joan Hale with assistance from Marilyn Donahey.

SCHOOL CALENDAR

NORTON

Senior High

Sunday, Nov. 11 — Fall Play, East Campus Auditorium, 2:30 p.m.

Monday, Nov. 12 — Winter Sports Practices Begin; FFA PALS Party, 7:30 p.m.; Fall Play, Make-up Date

Tuesday, Nov. 13 — Jay Singers, 7:30 a.m.; Mid-Continent League Meeting at Plainville, 9 a.m.; FCCLA Dessert Party, 7 p.m.

Wednesday, Nov. 14 — PLAN Test for sophomores, 8:30 a.m.; Site Council, 5 p.m.

Thursday, Nov. 15 — Jay Singers, 7:30 a.m.; S.I.T. Meeting, 7:45 a.m.; Model U.N. at Fort Hays State University, 8:30 a.m.; KAY Board, A.P.; FFA Poultry and Entomology Contest at Hays, 4 p.m.

Friday, Nov. 16 — FCCLA Cluster Meeting at Denver, Colo.; Faculty Meeting, 7:45 a.m.; Jazz Band Practice, A.P.

Saturday, Nov. 17 — FCCLA Cluster Meeting at Denver, Colo.

Tuesday, Nov. 20 — Jay Singers, 7:30 a.m.; KAY Turkey Skit, 3 p.m.; FFA Bingo and Meeting, 7 p.m.

Wednesday, Nov. 21 — No School

Junior High

Tuesday, Nov. 13 — KAYS Meeting, A.P.; Basketball v. Phillipsburg, here 5:30 p.m.

Wednesday, Nov. 14 — Faculty Meeting, 7:45 a.m.; Site Council, 5:30 p.m.

Thursday, Nov. 15 — Basketball v. Osborne, here, 5:30 p.m.

Monday, Nov. 19 — Basketball v. WaKeeney, here, 5:30 p.m.

Eisenhower

Wednesday, Nov. 14 — TEAM Meeting, 3:40 p.m.

Friday, Nov. 16 — Photo Retakes, 8 a.m.

Monday, Nov. 19 — Eisenhower Elementary Site Council, 5:30 p.m.

All Schools

No School Nov. 21-23 for Thanksgiving AMERICAN EDUCATION WEEK: Nov. 11-17

Monday, Nov. 12 — School Dismissed for Veterans' Day Parade, 1 p.m.; Board of Education Meeting, Norton Junior High Room 125, 7:30 p.m.

Tuesday, Nov. 13 — Curriculum Council, Eisenhower Elementary School Library, 7:30 a.m.

Friday, Nov. 16 — NCKSEC Superintendent Meeting at Glade, 10 a.m.

NORTHERN VALLEY

Saturday, Nov. 10 — FFA District Leadership School at Hill City, 9 a.m.

Monday, Nov. 12 — First possible day for basketball practice; Veterans' Day Program in the High School Gym at Almena, 10:45 a.m.; School will dismiss at 1:30 p.m.; Veterans' Day Parade at

Norton, 2 p.m.; Bus drivers meeting in Almena, 6 p.m.; School board meeting in the conference room at Almena, 7:30 p.m.

Tuesday, Nov. 13 — Web Kids Training at Glade, 8:30 a.m.; Kansas Reads to Preschoolers in the High School Auditorium at Almena, 7 to 8:00 p.m.

Wednesday, Nov. 14 — PLAN Test for Sophomores in the Spanish Room, 8:15 to 11:30 a.m.; KACTE/KSDE Conference Planning Session at Topeka, 10 a.m.

Thursday, Nov. 15 — Mentoring Meeting at Hays; United Nations at Fort Hays State University Model, 8:30 a.m.; Blending Assessment with Instruction Program at Fort Hays State University, 1 to 3:30 p.m.

Friday, Nov. 16 — NCKSEC

Council of Superintendents at Glade, 10 a.m.; Third Grade Thanksgiving Feast in the third grade room, 11:30 a.m. to 1:00 p.m.; Second Grade Native American Play in the High School Auditorium, 2:50 p.m.; FFA Mystery Night for High School in Almena, 7 to 11 p.m.

Saturday, Nov. 17 — High School State Football, TBD

Monday, Nov. 19 — Junior High Basketball vs. Kensington/Eastern Heights at Agra, 4 p.m.; KAY Daddy Daughter in the lunchroom at Almena, 6:30 p.m.

Tuesday, Nov. 20 — ASVAB Test for Juniors in the High School Auditorium, 8:30 a.m.

Wednesday, Nov. 21 — Thanksgiving Break, No School

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Flu Vaccination Clinic

Norton Doctors Clinic

will be giving flu vaccinations on Saturday, November 10 from 9:00-11:00 a.m. This is for ages 18 and older. No appointment is necessary.

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