

KID'S SPOTLIGHT

By LOCAL DAY CARE PROVIDERS

Welcome to the second edition of the kids' spotlight, brought to you by your local Norton County day care 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 things for you to think about. This is our opinion on things; we are not doctors or psychologists, but we are caring people, wanting to help make a difference in the eyes of children.

Thank you for reading and we hope you enjoy. Merry Christmas.

GAMES and ACTIVITIES

Making a treasure map

This is a challenging, intriguing activity for early school-age children that can be adjusted to an easy or hard level.

To start, arrange checkers on a checkerboard so that they cover every square of a portion of the board.

Under one checker place a small square of paper with the letter "T" written on it. This is the hidden "treasure" and it can stand for itself or represent a more tangible reward.

The player starts with her finger on the checker you indicate. Then she moves her finger in steps, either right (R), left (L) or straight ahead (S), according to a set of directions you have written out for her.

Your directions, or "treasure map", might look like this: R S S L S.

Each letter is a symbol for the direction of movement of that step. If the child follows the steps correctly, she will lift the checker on the last step and find the treasure beneath it. If not, she will discover an empty square.

At first, as few as two or three steps will be hard enough to challenge her. The number of steps can later be increased as her ability permits.

When she gets good at following the map, she will want to make maps for you to follow, although this may take more time.

The benefits of this activity are many. It helps strengthen a child's sense of direction, both internal and external; it helps a child learn to follow directions carefully; and it uses real letters as symbols.

SOCIAL SKILLS

Learning to get along with others.

Children get their first lessons in how to relate to other people from your example. She learns how to get along with others from the way you and she relate to each other.

She also learns from seeing how you get along with other people.

You'll see some of the effects of your "teaching by example" in your child's life now. Other patterns, although laid down now, may not appear in your child's relationships until she's older.

For example, suppose your child hears you and your mate regularly argue and blame each other over how to discipline her. She will learn ways to act with each of you to try to please you and avoid your anger or disappointment with her.

She will pick up from the two of you different ways to act with others who are more or less powerful than she is, which she will use when she's in conflict situations. And she will learn from observing you, ways of treating her own mate and children.

Even though children don't always appear to be watching, they learn from the examples of the adults around them.

BEHAVIOR

How to help a child overcome worries and fears.

You cannot expect a small child to overcome fear just because you say there is nothing to be afraid of. No matter how confident an explorer your child has become, he may be hesitant and wary when he finds himself in a new and strange situation.

Fear of a swimming pool full of water is a case in point. Nothing is more certain to produce lasting fear of water than a parent's determination that his or her child will overcome fear of getting in the pool — immediately.

Such a fear is not a shameful thing to be forced out into the open and conquered. Water is a known quantity to the child — but it has been known in the limited amounts of the bathtub or puddle.

A pool is a new, large, and to him, seemingly endless amount of water. It is different. He wants to approach it gradually, to explore it on his own terms and in his own good time.

If we are to help a child be brave, we must begin by respecting his worries and fears for what they are — questions. "Will this hurt? What is this? What should I do?"

Talk to him calmly. Don't pressure him. Give him a chance to recover his balance. Then over a period of time, give him frequent opportunities to learn more about the feared object or situation. Work gently but persistently to help him conquer any fear that may hobble his independence.

CRAFTS

Make a 'Hand'some Reindeer'

What You Need:

Brown construction paper (you can use craft foam or felt too)

Tan construction paper (you can use craft foam or felt too)

White paper or wiggle eyes
Black or red construction paper or a black or red pom-pom
Glue or tape
Crayon or marker

What to Do:

1. Trace two hands on the tan construction paper. Trace one foot (with a shoe on) on the brown construction paper.

2. Cut out the shapes, and arrange as illustrated — with the two hand shapes making the antlers on the deer, glue or tape into place.

3. Turn the project over to the back and write the child's name and date.

4. Draw and cut out eyes and a nose (or use wiggle eyes, and a pom-pom for the nose).

5. Glue on the eyes and nose. For painting, I recommend that you make the foot pattern from craft foam, then put the paint on it, and stamp it onto the shirt. For the antlers, you could put paint directly on the child's hands or (especially with a very young child) make patterns like for the foot/face from craft foam and use it to stamp the hand antlers on. You might want to reverse the color choices, and make the face lighter brown and the antlers dark.

Paper Mache Presents

Nothing beats sticking your hands into the "paste" that you use to make paper mache projects. All these projects are easy to make and decorate for that special present for Grandma, a favorite aunt or your teacher.

Paste Recipe

1 cup flour
1 cup water
Mix the flour with the water, slowly adding and mixing until you get a smooth paste like consistency.

What You Need:

Newspaper, ripped into thin strips about 3 or 4 inches long
Cover for the table
Card stock or cardboard
Wax paper
Paint and brush

Projects:

Ornaments — Use card stock or cardboard to create a base. Dip the newspaper strips into the glue, then cover the base with three or four layers of newspaper. Allow to dry for several hours then paint or decorate with glitter or other items in the craft box.

Bowls — Find a bowl in the cabinet that is the size of the bowl you wish to make. Cover the bottom and sides of the bowl with the wax paper and tape it in place on the inside of the bowl. Dip the newspaper strips into the paste then cover the outside of the bowl with three or four layers of newspaper, being sure not to go over the top edge. Allow to dry for newspaper, being sure not to go over the top edge. Allow to dry for several hours then remove from the bowl. You can add more layers to strengthen the bowl. Paint or decorate with glitter or other items in the craft box. If you want to use the bowl for food, spray it with a sealant.

Picture Frames — Use card stock to make a frame in the shape you want, such as a rectangle, heart or oval. Dip the newspaper strips into the glue, then cover the base with three or four layers of newspaper. Allow to dry for several hours then paint or decorate with glitter or other items in the craft box.

Magic Reindeer Food

What You Need:
1/2 cup oatmeal
Glitter
Small plastic bag
Heavy construction paper
Markers

What to Do:

1. Mix the oatmeal and glitter then put it into the plastic bag.
2. Cut a 2 x 4 1/2 inch rectangle from the construction paper. On the paper write this poem:

On Christmas Eve, sprinkle the Magic Reindeer Food on your lawn. The Magic Glitter sparkling in the moonlight and the smell of the oats will guide the reindeer to your house!

3. Attach the poem to the plastic bag.

Artificial Snow

What You Need:
1/2 cup granulated sugar
1/2 cup talcum powder

What to Do:

1. Mix the sugar and talcum powder together.
2. Sprinkle mixture over any area or a mixture of 1/2 glue and 1/2 water. Let dry. Note: The more sugar, the more sparkle.

Recycle old wrapping paper tubes by re-covering the outside with contact paper or paint, then find small objects that will roll through. This is an excellent fine motor skill. They are looking, listening and touching. Have the children find a small ball, such as a golf ball, to roll through the tube. The anticipation is great, because it is unknown to them what will happen next.

Read Stories In The Bear Cave

What You Need:
A very large box
Bear paws made of construction paper
10 to 20 foot length of paper (or plastic runner or an old window shadow)

Several books (Start with Brown Bear by Bill Martin and Time to

Sleep by Denise Fleming

What to Do:

1. Cut the top off the box. Let the children paint the box gray. This will be the bear cave.

2. Cut out 10 to 20 pairs of 6 inch black construction paper circles for the bear paws. Glue the paws on the paper in pairs, approximately 12 inches apart. Use markers to add nails to the claws.

Activity:

Securely tape the bear path to the floor and put the cave at the end. Have the children "walk" the bear path by putting each hand and foot on a paw. Encourage them to move forward by first moving their hands and then their feet to the next pair of paws. When the children reach the cave, encourage them to go inside and read a book.

Mitten Beanbags

For seasonal beanbags, fill a few mittens with dried beans; then sew them closed. What a perfect use for mittens that have lost their mates.

Jingle Rings

Make some merry music with these simple instruments. For each child, slip two or three medium to large jingle bells on a two- or three-inch binder ring (available at office supply stores). Snap the ring closed and you're ready to shake, shake, shake some holiday tunes.

RECIPES

Hot Chocolate Mix

1 (8 qt) box powdered dry milk
10 oz powdered creamer (flavored, i.e. French Vanilla, etc., may be used)

2 c. granulated sugar
1 box (2 lbs) instant chocolate mix

Mix together. Store in a tightly covered container. To make a cup of Hot Cocoa, add 1 cup hot water to 1/3 cup of mix.

Cocoa Cups

Mmmm... this yummy holiday gift is sure to make moms and dads smile! To make one, decorate a Styrofoam cup with markers. Measure enough hot cocoa mix for two servings into a plastic baggy and stuff it into the decorated cup. Next, dip two plastic spoons into melted chocolate chips. Lay the dipped spoons on a piece of waxed paper, then add sprinkles before the chocolate hardens. Slip the finished spoons into the cup. Wrap the cup in plastic wrap. Tie the wrap closed with curling ribbon and the cup of cocoa is ready to go-go!

Cone Christmas Tree

What You Need:
Sugar Cone
Paper plate
Green frosting
Small candies (red hots, mini M&M's, chocolate chips, etc.)
Colored sprinkles
Confectioners sugar

What to Do:

1. Place the sugar cone upside down on a paper plate and cover it with the green frosting.
2. Decorate with the small candies and colored sprinkles.
3. Cover with confectioners sugar to make it look like your tree is covered with snow.

A Wreath You Eat

What You Need:
Mini bagel halves
cream cheese
green food coloring
M&M minis candy pieces
red string licorice.

What to Do:

Mix the cream cheese and green food coloring. Spread the green-tinted cream cheese on the bagel half, add M&Ms, shape the red string licorice into a bow, put it on the decorated bagel, then eat!

BOOKS

Characteristics of Good Books

Books for babies to one-year

- Thick cardboard pages
- Flexible cloth or vinyl pages
- Small, chunky format
- Simple, bright pictures or photos

Books for toddlers and twos:

- Few or no words on a page
- Themes that encourage sounds (farm animals, vehicles, etc.)

Books for preschoolers:

- Increasingly more complicated stories
- Stories about issues children face (fears, separation, starting school)
- Rhyming text or poetry
- Humorous plots or characters
- Non-fiction subjects
- Color, letter or number themes

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Dear Santa...



Weston Hayes, 7, is all grins as he mails a letter to Santa in the mail box outside the Norton Area Chamber of Commerce office.

— Photo courtesy of Karla Reed

Sheriff buys 'computer cop' program

(Continued from Page 1)

They also spoke about a unified city/county law enforcement. The topic has been discussed recently; however, there are still a lot of questions about unification and joint meetings will need to be held.

The commission also spoke to:

• **Judi Carlyle, county insurance billing**, about ambulance billing and insurance. Ms. Carlyle reported on the delinquent accounts and asked the commission how she should proceed with collection. She asked about sending patients a letter concerning their accounts and informing them that if payment is not received, they will face litigation. The commission agreed that the accounts should be actively pursued and that she should take the action she feels is needed.

• **Curt Archibald, solid waste supervisor**, who said that he is looking to buy additional ground cover material. He said he also has area counties interested in buying the produce from Norton County. The product is used to do the daily cover of the construction debris pit.

Mr. Archibald spoke to the

commission about an electronic waste grant that was received by Osborne County. Norton County has agreed to participate in the program. When the money is available, Osborne County will place a recycle trailer at the Norton County Solid Waste site; all electronic waste will be put in the trailer. There are still several questions that need to be answered before the program is implemented.

• **Doug Sebelius, county counselor**, talked about a request for payment from Blue Sky Ink. The payment requested is from the grant accepted by the rural fire district. The billing is based on a percentage of the grant awarded. The payment was approved.

• **Diane Becker, economic development**, addressed the projects and activities she has been working on. She also told the commission about a grant that is being written for area improvement. Ms. Becker spoke about the possibility of having a job fair. She said she has talked to the Norton School District to see if a fair could be developed for the county.

• **Reggie Beckman, noxious**

weed, who asked if the county was going to have a cost share program next year. The commission said it was too early to know if a cost share program would be offered in the spring; there was a \$15,000 cost share program this year, which was completely used by property owners.

Mr. Beckman also spoke about buying more chemicals. He said he is still getting requests for chemicals and his supply is getting low. The 2007 budget was discussed and Mr. Beckman said he will need to republish the budget for the expenditures. The cash budget is positive and will cover the expenditure. He said the department had a very busy year and the receipts to the department are higher than in previous years.

In other business, the commission approved:

- The write-off accounts in the amount of \$3,965.71 for outstanding bills at the ambulance department.
- Daffer Construction for snow removal at the courthouse.
- Three added tax statements.
- The 2008 county holiday schedule.

Airport board updated on fueling station

(Continued from Page 1)

self-fueling station. Mr. Miller said it is "still in the works".

In other business, the board:

• Approved the request by Mark Griffin of Norton Classic Cruisers to hold drag races on the runway

July 12. The request was approved.

• Discussed the possibility of constructing a new hangar proposed by plane owners George Land and John Leipold. They were advised that there are two

spaces available to build on.

• Learned the tax bill for 2007 is \$608.76.

The next meeting will be held at 5:30 p.m., Monday, Jan. 14 in the basement of City Hall.

Three more claim instant prize money

(Continued from Page 1)

Kellie's, Norton Shop and Save, Sander Furniture, Norton T-Shirt Company, Rural Tel/Nex-Tech, Ag Valley Co-op, Kowpoke Supply, Hall's Clothing, Felton's Building Center, and Garden Gate Florals Etc. will be giving away a \$1,200 grand prize at 7 p.m. on Dec. 20 near Santa's gingerbread house on the lawn of the Norton County Courthouse, in addition to the 10 instant prize winners, who each receive \$50.

People finding their numbers hidden on the Christmas On Us ad pages have until 5 p.m. Thursday to claim their winnings.

One ticket is available for each \$10 spent at the sponsoring businesses. Also, one free ticket per week can be picked up at *The Telegram*, 215 S. Kansas Ave.

Even if your number isn't an instant winner this week, hold on to it as it may be picked as the \$1,200 grand prize winner.

There are still three instant

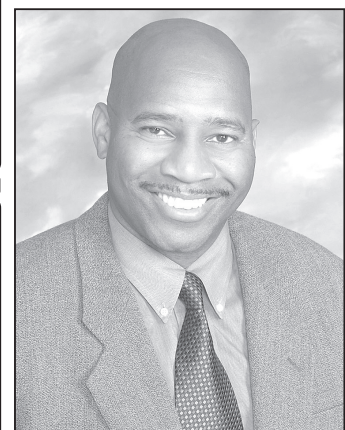
winning tickets left, as well as a grand prize ticket to be drawn on Dec. 20, so make sure to shop locally and pick up your winning Christmas On Us ticket.

LaRoy Williams, M.D.

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Dr. Williams, board certified urologist, earned his medical degree from the University of Rochester, Rochester, NY. He then completed a general surgery and urology residence at the University of Cincinnati Medical Center, Cincinnati, OH.

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