

## By NORTON COUNTY DAYCARE PROVIDERS

Have a happy and great 2008 from your local Norton County Daycare Providers.

### Keeping babies healthy

During the winter months, it can be a challenge to stay healthy when we are indoors most of the day. Keeping children healthy, in group child care settings, is a challenge because each of the children are in contact with many other people, like family and friends, then share cold and flu germs with other children in the child care setting.

A few things to keep in mind: Wash hands, wash hands, wash hands. Children and adults should wash their hands at arrival, before and after eating, after using the toilet and diapering, after wiping noses and faces, after playing outdoors and when departing. Hand washing is the most important way to reduce the spread of infection; especially diarrhea and other contagious diseases among babies and adults.

Eat healthy foods: Be sure children and caregivers eat a balanced diet with fresh fruits and vegetables. Drink plenty of water.

Get lots of rest: Our bodies stay healthy when they are strong and well rested. Adults need 8 hours of sleep and children need more.

Go outside and play: Get plenty of fresh air. Going outside, every day, will help keep immune systems strong. Specific guidelines and tips are provided in the new "The Great Outdoors: Guidelines and Tips for Playing and Learning Outside" brochure you can get from your local R&R.

### When it's cold outside

Tips for safety when playing outdoors in cold weather: What is considered extreme cold weather depends on the region in which you live, but exposure to any cold weather can pose health risks if precautions are not taken. Cold weather does not mean children aren't exposed to harmful UVB rays from the sun. Be sure to apply sunscreen (minimum of SFR 15) to exposed areas, such as face and ears. Before playing outdoors, be aware of not only apparent temperatures, but also wind chill which will make it feel even colder. For young infants (not mobile), consider excluding from outdoor play, if temperatures are below 40 degrees, because they lose body heat more quickly. If temperatures are below freezing (32 degrees), limit outdoor play to 15-minute increments. Child Care Regulations require 1 hour of daily outdoor play. Meeting this requirement in smaller time increments, due to weather considerations, is acceptable. Children should dress in loose layers for better circulation and so layers can be removed, if the child starts to perspire. Children should wear a hat, a scarf, mittens/gloves, a water-resistant coat and boots. Materials such as polypropylene, wool, and flannel offer the best insulation and help retain body heat. Wet clothes should be removed promptly.

### Add a little joy to your life

Take a few happiness lessons from the kids in your life—and the kid you once were. Here's a short refresher course. Start small—happy people enjoy simple things like, a sunny day or having lunch with a friend. They also take less for granted, and they're more grateful. People who regularly take note of the positive things in their lives feel more overall satisfaction, more connection with others, and greater optimism than those who focus on their burdens. Listen to your body—adults can profit especially when it comes to getting enough rest. Americans get way too little sleep, and sleep is important. Be creative—one of the hallmarks of creative activity is the feeling of flow—losing track of time

because you're so involved in what you're doing. If you experience flow, whether it's while you're amusing your child or cooking a meal, that's creative.

### Health and Safety

**Healthy hand washing:** If you have not done so already, now is a good time to help your children develop healthy hand washing habits. Proper hand washing can prevent the spread of many communicable diseases. Water alone, however, won't kill germs. Soap is needed, too. Drying the hands with a disposable paper towel will help stop the spread of germs. Here are some appropriate occasions for your child to practice hand washing: When he comes into the house after playing outdoors; after using the toilet; after petting an animal; before eating food. Good habits—learned early—can last a lifetime. So help your child develop the good habit of washing his hands.

### Games and Activity

**I See Something:** There are times—waiting in the doctor's office, sitting in a bus—that are boring. Here's a game to play anywhere, anytime that time drags. It teaches children to get information by asking good questions. Say: "I SEE SOMETHING". (It has to be something you can both see). Then give a clue: "It's on your head," is pretty easy. "It's made of leather," is harder. "It's red and square," may be pretty tough. It's bright when it's on and dark when it's off," is a kind of riddle. If one clue isn't enough, add another: "It's red and square and soft." "It's red and square and soft and I'm leaning against it." Children just starting on this game have no good strategy for getting the answer. They look around and guess wildly. So, when it's her turn to see something, listen to her first clue but then ask questions of her that will help her develop strategies.

**The Block Book:** Blocks are self-education tools for young children to use in play and aid in the development of multiple skills. What can children learn through playing with blocks? Science: space, direction, predicting, observing, comparing and classifying are just some of the scientific processes used by children playing with blocks. Math: shapes, height, weight, number of blocks, patterns, classification and measurement. Social Studies: awareness of the ability to represent places in another way with concrete three-dimensional materials is the beginning of map making. Dramatic Play: social interactions, creating the context of play, relating to real life and working with others in cooperation with the same play theme. So, set out the blocks and just let the children play. Playing with blocks engages children's minds, hands, and imaginations!

### Books

**Library Corner:** Black Meets White. This book is a simple, but engaging, pop-up book that tells the story of when black met white. It is the story of two opposites that make lots of interesting combinations (polka dots, checkerboards, stripes, wiggles and more), when they come together. The book is aimed at younger ages, but I think readers of all ages will be able to take something from the story.

**Penguin Stories:** Welcome to the South Pole! Read a penguin story. Cover the floor and furniture with old sheets. Provide a basket of mittens for your child to wear while you read. Then put in a few stuffed penguins for company. Enjoy!

• Little Penguins Tale — By Audrey Wood; • Puffins Climb, Penguins Rhyme — By Bruce McMillan; • Tacky the Penguin — By Helen Lester, Illustrated by Lynn Munsinger; • The Emperor's Egg,

By Martin Jenkins, Illustrated by Jane Chapman; • Splash! A Penguin Counting Book — By Jonathan Chester and Kirsty Melville; • Plenty of Penguins — By Sonia W. Black, Illustrated by Turi MacCombie

### Recipes

**Snowman treats:** A graham cracker goes on the bottom. Spread icing on top of the cracker and put a chocolate bar on top. Take 2 large marshmallows, and put icing between them to hold them together. Then add icing on the bottom marshmallow to hold it to the chocolate. Make pretzel arms and a face with a smile out of decorator gel.

### Craft

#### Sparkling Snow Dough

2 c. water 2c. flour  
1c. salt 4 tsp. cream of tartar  
4 tsp. oil Iridescent glitter

Combine all ingredients in a heavy saucepan. Cook over medium heat, stirring constantly with a wooden spoon, until mixture thickens and pulls away from the sides of the pan. Form the dough into a ball, place on waxed paper, and allow it to cool before kneading in a desired amount of iridescent glitter. Have fun playing with the snow, but please don't eat it.

### Song (Actions)

Five little penguins standing on the shore. (Stand like penguins)

One dove in and then there were four. (One swims away)

Four little penguins sliding down, "Whee". (Wiggle hands above head)

One went too far and then there were three. (One "slides" back to seat)

Three little penguins don't know what to do. (Shrug shoulders; look at each other)

One waddled off and then there were two. (One waddles back to seat)

Two little penguins having lots of fun. (Clap hands and cheer)

One went home and then there was one. (One waddles away and waves good-bye)

One little penguin sitting in the sun. (Sit down)

He/She went to sleep. (Pretend to fall asleep)

Now the penguin song is done!

# PUBLIC NOTICE

## DECEMBER NORTON COUNTY BILLS

Published in The Norton Telegram on Tuesday, January 8, 2008 (1T)	Enserv Midwest LLC..... 54.04	*Norton County Treasurer..... 43.00
Board of County Commissioners met in regular session at the Norton County Courthouse December 31, 2007 to allow the following bills: K.S.A. 19-337. An itemized copy of this report is available for inspection in the County Clerk's Office. (*Juvenile Service Accounts)	Farm Implement & Sup Inc..... 176.70	Norton Glass company Inc..... 27.18
County General..... 70,338.62	Gall's Inc..... 542.90	Norton Sheet Metal Inc..... 266.97
Road & Bridge..... 36,766.41	Garrett's Plumbing..... 225.59	Norton Shop and Save..... 233.67
Special Bridge..... 8,334.63	Fire Alarm Specialist, Inc..... 265.00	Norton Telegram..... 418.98
Ambulance..... 15,958.87	Fishnet Security..... 47.74	NADA Appraisal Guide..... 25.00
Appraiser's Cost..... 8,679.41	Fleet Fueling..... 10.00	*Office Works, Inc..... 149.54
County Health..... 21,335.82	Foley, James K..... 100.00	Otter, Penny..... 176.53
Economic Development..... 3,677.00	*Frontier Ag, Inc..... 169.63	Our Designs, Inc..... 47.90
Election..... 2,300.00	Gall's Inc..... 542.90	Ozark Life Insurance..... 142.78
4-H Maintenance..... 200.00	Garrett Plumbing..... 296.85	OMB Express Police Supply..... 81.25
Noxious Weed..... 6,064.16	Garrett's Plumbing..... 172.10	Pamida Inc..... 433.95
Solid Waste..... 6,604.29	Glennemeier, Lisa..... 481.28	Patton, Christopher DDS..... 247.00
*Court Trustee - State..... 9,632.37	*Griffiths, Karen..... 883.90	Payroll Fed/fica Wire..... 51,114.59
*Case Management..... 6,174.33	Grysch, Verla..... 41.08	Pfannenstiel, Betty..... 12.77
*Juvenile Director..... 602.16	Harting, Melinda..... 100.09	Pfannenstiel, Leslie..... 112.94
*JAIBG/Case Mgmt Intake..... 462.00	Hays Medical Center..... 72.00	Phillips Co. Clerk..... 568.39
*JISP..... 6,135.82	Hi-Plains Co-op Assoc..... 310.39	Phillips 66- Conoco-76..... 27.79
*Diversion..... 7,469.83	Homestore..... 274.28	Physicians Ref Lab LLC..... 144.20
*Juvenile Intake..... 4,655.08	Infinitec..... 75.00	Pitney Bowes Inc..... 1,664.00
Advance Insurance Co..... 352.35	Infinitec Inc..... 8,122.16	Postmaster..... 367.00
Ag Valley Co-op..... 2,433.21	Inland Truck Parts Co..... 235.59	Potter, Tony..... 432.90
Aldridge, Karen S..... 830.17	Instant Technologies, Inc..... 522.77	Prairie Land Electric..... 456.03
Allied Oil & Supply, Inc..... 2,823.96	*Insurance Planning Inc..... 6,611.00	Pre-paid Legal Serv Inc..... 203.35
Alltel..... 269.49	Intrust Card Center..... 3,226.53	Priscilla's Stitches..... 37.83
American Family Life..... 1,901.53	IAAO..... 175.00	PMIC..... 64.14
Ames, Rance..... 338.00	IDVile..... 230.17	PVD Education Fund..... 50.00
Archibald, Curt..... 117.27	ING Aetna..... 2,430.00	Quartermaster..... 77.94
*AT&T..... 13,365.84	Jamboree Foods..... 165.35	*Quill Corporation..... 205.12
Becker, Diane..... 590.08	Jones & Bartlett Publ Inc..... 918.55	Rainbow Lanes..... 64.80
Behavioral Interventions..... 3.99	Kansas Judicial Authority..... 200.37	Rawlins Co. Health Dept..... 211.11
Bird, Angela..... 45.11	JR's Creations..... 47.95	*Raye's Grocery Inc..... 10.33
Blickenstaff, Myrth..... 8.10	Kansas Bar Association..... 150.00	*Redwood Toxicology Lab In..... 216.95
Brannan, Thomas..... 25.19	Kasas County Appraiser..... 335.00	Richard, Floyd..... 764.31
*Braun, Sandy..... 32.06	Kansas Dept. Transportation..... 95,709.00	Roeder, Pamela..... 793.81
*BC/BS of Kansas/Cs. Mgmt..... 2,494.22	Kansas Dist Judges Assoc..... 75.00	Rogers Disposal Service..... 287.00
BC/BS of Ks Inc/Bill Add..... 51,295.09	Kansas Payment Center..... 269.00	Rooks Co. Health Dept..... 264.32
Canterbury Oral &..... 101.00	Kansas Peace Officer..... 90.00	Roy's Sales & Servie Inc..... 140.00
Car Quest Auto Parts..... 40.81	Kansas Register..... 80.00	*S&T Communications LLC..... 94.19
Carter, Wade..... 29.00	Kansas Withholding Tax..... 6,897.68	S&W Supply Company..... 88.78
Central Fiber Corp..... 13,048.07	Kansasland Tire Company..... 3,350.88	Salina Scale Sales &..... 185.00
Central Plains Laboratory..... 190.00	Keith, Brandi..... 54.81	Sanborn Map Co., Inc..... 44,030.20
City of Alma..... 27.50	Kowpoke Storage..... 10.00	Schemper, Kathleen L..... 43.83
City of Clayton..... 7.59	Kowpoke Supply LLC..... 270.43	Schilling, Ruth..... 1,058.99
City of Phillipsburg..... 1,823.00	Krizek Craig Dr..... 1,906.00	*Scott, Melanie..... 20.00
City of Norton..... 3,169.57	KPERs Wire Transfer..... 18,645.13	Sebelius & Griffiths LLP..... 689.15
Clarion Hotel..... 266.55	*KS Dept. of Administ, DISC..... 439.00	*Sebelius Building LLC..... 375.00
Clock Medical Supply Inc..... 152.31	Lang, Leroy..... 11.64	*Security Transport Service..... 224.30
Coca Cola Enterprises Inc..... 103.35	Law Office of Paula..... 1,393.70	Shirk Lamont Dr..... 306.00
Cole, Steve..... 18.50	Lewis Toyota Ford of Hays..... 170.32	Skrdlant, Christen..... 39.70
Colonial Supplement Ins..... 137.50	Liner, Cynthia..... 131.60	*Stanley Hardware..... 13.25
*Commerce Bank..... 946.44	Linwel..... 236.06	Technology Two Lic..... 265.00
Conseco Health Insurance..... 26.16	Lockwood Company Inc..... 238.50	Thompson, Richard..... 130.25
Cook, Brent..... 41.34	Mapes & Miller CPA..... 9,845.00	*Tiller, Judi..... 19.16
Corporate Express..... 558.68	Martin Tractor..... 223.34	Townsend, Francis G..... 585.40
Culligan Water Condition..... 83.50	Maupin Truck Parts Inc..... 253.10	*Trego County..... 580.00
Dalfer Construction..... 320.00	Merck & Co., Inc..... 730.82	Tri-Anim Health Services..... 76.70
*Decatur Co Clerk..... 384.40	Midwest Energy Inc..... 1,841.63	Tri-Central Office Supply..... 150.70
*Decatur County Dist Court..... 197.10	Miller, John..... 1,329.08	*Triplet Inc./Fuel Plus..... 766.98
*Dell Commercial Credit..... 3,281.60	Moffet Drug..... 109.62	*Tubbs & Sons Ford Inc..... 22,185.63
Dollar General..... 19.50	Morel, Janelle..... 238.76	United States Postal..... 370.00
Eakes Office Products..... 252.49	Mortensen Computer Servic..... 384.70	Van Diest Supply Company..... 10,874.80
Emergency Medical..... 339.94	*Motel 6..... 140.03	Wabaussee Co Dist Court..... 229.00
Endzone Sports & Office..... 2,016.99	N.C.W.D.A.K..... 100.00	Waddell & Reed..... 780.00
Engel's Sales & Service..... 617.32	Nex-Tech..... 3,086.21	*Wal-Mart Community..... 77.70
Engelbert, Susan..... 29.10	Nex-Tech-Wireless-LLC..... 676.48	Wesco Feed Transport Inc..... 48.74
Engelhardt, Jane..... 11.57	Northwest Fire Extinguish..... 14.32	Western KS Manufacturers..... 179.00
	Northwest Kansas Travel..... 100.00	Windschaffel, Tammy..... 63.05
	Northwestern Office..... 720.00	Witt, Ed..... 50.00
	Northwestern Printer, Inc..... 81.48	Wyatt, Jane..... 78.57
	Norton Chamber Commerce..... 125.00	Wyatt, Robert D..... 800.92
	Norton Cleaners..... 12.00	WPS-Tricare..... 56.97
	*Norton County Clerk..... 3,712.70	Xerox Corporation..... 246.63
	Norton County Hospital..... 1,264.35	Zoe Medical Service Co..... 49.55
	Norton County Road Dept..... 738.45	

## Time to Think About Valentine's Day

Before we know it flowers will be delivered, chocolate candies will be purchased and love will fill the air.

This Valentine's Day how will you woo your sweetheart? What would be the perfect way to say, "I Love You"?

Why not let Cupid inspire all you love birds

*\$10.00 for Valentine's Day Message and Graphic or \$15.00 for Valentine's Day Message and a Personal Photo*

*From The Heart*  
Grandma Julie and Grandpa George,  
**WE LOVE YOU!**  
Love, Billy, Susan, Mary, Zach,  
Charlie, Emily and Sarah

Chris,  
*Everytime I look at you, my heart skips a beat!*  
I Love You! - Love Annie

Melissa,  
*Your love gives me the feeling that the best is still ahead. I love you so much honey!*  
Love Your Husband, Craig

Jennifer,  
*Happy Valentine's Day! You are such a great friend and I'm so happy that we can count on each other.*  
Friends forever!  
Love, Megan

Fill out the coupon shown below and turn it in (along with your payment) to The Telegram office or e-mail your contact information and Valentine message to Christie Anderson at canderson@nwkansas.com. Be sure to drop off or e-mail your personal photo if you would like it included in your ad. All Valentine messages and payments must be received by 5:00 p.m. on Wed., February 6. Make checks payable to The Norton Telegram.

**VALENTINE'S DAY MESSAGE:** *Your Personal Message:*

Your Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Daytime Phone: \_\_\_\_\_ Evening: \_\_\_\_\_  
Would you like to include a personal photo:  Yes  No  
How would you like to pay for your ad?  Cash  Check

## •PUBLIC NOTICE•

### NOTICE OF ANNUAL MEETING OF NORTON COUNTY CONSERVATION DISTRICT

Published in The Norton Telegram on Tuesday, January 8, and Tuesday, January 15, 2008.

### NOTICE OF ANNUAL MEETING OF THE NORTON COUNTY CONSERVATION DISTRICT

To all qualified electors residing within the boundaries of Norton County Conservation District, notice is hereby given that pursuant to K.S.A. 2-1907, as amended, on the 19th day of January, 2008, at 6:30 p.m., an annual meeting of the Norton County Conservation District will be held at the Norton American Legion.

The meeting agenda shall include the following business items:  
ONE: The supervisors of the Norton

County Conservation District shall make full and due report of their activities and financial affairs since the last annual meeting.

TWO: They shall conduct an election by secret ballot of qualified electors, there present, of two supervisors to serve for a term of three years from date of said meeting.

The term of Robert Clydesdale and Chris Harting is expiring. All in the County of Norton in the State of Kansas.

Robert Clydesdale  
Chairperson, Norton County  
Conservation District

Attest  
Renee Schaefer  
Manager/Secretary