

Taking Aim



The Norton Longspur Pheasants Forever Chapter held their annual banquet on Friday night at the Norton Eagles Club. A popular choice of the games was the laser target shooting. —Telegram photo by Christie Anderson

Holiday season tips for parents

In the holiday rush, parents can miss opportunities to build memories with their children and family.

Adults know that it can be easier to say 'I'll do that,' rather than encourage children to get involved in preparing foods and planning gatherings during the holidays, said Sandy Procter, Kansas State University Research and Extension nutrition specialist.

"Still, working together in the kitchen can serve as the foundation for new traditions," Procter said.

Inviting children to be involved can help them learn more about food, nutrition, and health, she said. Doing so also can help a child build basic cooking skills and a better understanding of what it takes to get a meal on the table.

"Being able to say 'I made the gingerbread' or 'I set the table, folded the napkins or made the place cards' allows a child to share ownership in a holiday gathering and helps to build his or her self esteem," Procter said.

And, while assigning tasks helps to share the responsibility in preparing the meal and ready-

ing the table, holiday teamwork can extend beyond the holiday, said the nutrition specialist, who encouraged parents to choose age-appropriate tasks.

A three-year-old may, for example, be able to fold napkins. A five-year-old may be able to set the table, and a six- or seven-year-old may be able to decorate and print names on place cards or arrange relishes on a tray.

Older children will be more able to help with food preparation, and, in the process, can learn cooking skills, and about kitchen tools and appliances.

Mixing quick breads such as muffins or gingerbread, or kneading and shaping dinner rolls are other child-friendly tasks, Procter said.

Parents who work side-by-side with their children in planning and preparing holiday foods may be surprised by their child's candor, as he or she helps to mix the bread or cookie dough, she said.

"Focusing on a task can take the pressure off, and make it easy for a child to tell a parent what's really on their mind," Procter said.

Encouraging a child to be creative also may yield some

new taste treats, said Procter, who encouraged parents to allow children to choose how to use holiday leftovers.

A child might, for example, combine leftover mashed potatoes, turkey and cranberry sauce as a sandwich filling, prefer to stuff a pita pocket with chopped turkey and a spoonful of one or more salads, or prefer to re-heat turkey, stuffing and cranberry sauce in a spinach wrap, Procter said.

"Teaching a child that he or she needs to do his or her share in the clean-up can help to lighten the load now and in the future," she added.

Procter is a registered dietitian and state coordinator for the United States Department of Agriculture's Expanded Food and Nutrition Education Program.

More information about food, nutrition and health and family activities in the kitchen is available at county and district K-State Research and Extension offices and on Extension Web sites, including: www.ksre.ksu.edu, www.kidsacookin.org, and www.ksre.ksu.edu/foodsafety.

Diabetes prevention is the best remedy says medical experts

Tomorrow may be too late when it comes to preventing or improving a diabetes condition, according to TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization.

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone needed to convert sugar, starches and other food into energy needed for daily life. Obesity is one of the leading risk factors for developing the most prevalent form of diabetes, Type 2 (adult-onset). Typically affecting individuals age 40 and older, the National Center for Chronic Disease Prevention and Health Promotion notes that Type 2 diabetes has been reported among children and adolescents with increasing frequency. According to the American Diabetes Association, one out of every three children born today will face a future with diabetes if current trends continue. If not treated properly, diabetes can lead to serious complications, such as blindness, kidney failure, heart disease, foot ulcers and the need for limb amputations.

In acknowledgment of November being National Diabetes Month, Nicholas "Dr. Nick" Yphantides, M.D., M.P.H., medical spokesperson for TOPS, says, "Preventive care, like weight

loss, a healthy diet and physical activity, is the easiest way to avoid diabetes and its complications."

A formerly obese person who once weighed 467 pounds, Dr. Nick was a borderline diabetic and has treated diabetic individuals for years. He now focuses on preventive health, emphasizing, "There are currently 24 million people in the United States who are diabetics. There are 57 million more who are pre-diabetic, having blood glucose levels that are higher than normal and raising the potential for cardiovascular disease. Every single one of those people can either eliminate or reduce their risk for developing diabetes by improving their health through organizations such as TOPS."

Employ the following tips from TOPS to prevent the development of diabetes:

- Eat smart. Choose low-fat, fiber-rich and whole grain foods, which have all been associated with improved blood sugar control. Increase servings of fruits, vegetables and nuts to help you feel full and even promote weight loss.

- Aim for at least 30 minutes of physical activity five days a week. Exercise helps keep your blood sugar, blood pressure and cholesterol levels within a normal range. If you can't find a solid block of time to be active, even ten minutes

of exercise spread out over the course of the day, like brisk walking, can help.

- Quit smoking. According to the American Diabetes Association, smoking increases blood sugar, blood pressure and cholesterol levels (also raising your risk of a heart attack). The Rhode Island Department of Health notes that smoking even one cigarette can reduce the body's inability to use insulin by 15 percent.

- Reduce chronic stress, a prolonged state of stress that can continue for days or weeks. The American Diabetes Association has found that, when under stress, the body responds by raising blood sugar levels; a study by the British Medical Journal found that chronic stress has been linked to the development of heart disease and other conditions, as well. Try relaxation or stress management techniques, such as beginning the day with a few minutes of yoga or meditation. Breathing exercises, listening to soothing music, or watching a funny television show can help alleviate anxiety. If possible, aim for at least seven hours of sleep every night, which also can be helpful in controlling stress levels.

"Everybody has the opportunity to take control and prevent diabetes. TOPS is about giving people the sense of 'yes, we can.' Lifestyle transformation is a solution, and the information and support that TOPS provides can be those tools. We can all generate an epiphany and say, 'Wait a second, I can ignite a change towards a healthier me,'" Dr. Nick points out.

Consult your physician for additional information on diabetes.

Winter weather awareness

It's that time of the year when the public starts to turn to awareness of winter weather, including frostbite, hypothermia, travel safety and the meaning of advisories and warnings. You can check out all the latest winter weather information, including forecasts, watches, warnings and advisories, at the National Weather Service website of www.weather.gov.

The following are some of the warnings and advisories as defined by the National Weather Service: Blizzard Warning - Sustained or frequent wind gusts of 35 mph or more, and falling or blowing snow, and visibility below one quarter of a mile for at least 3 hours. Winter Storm Warning - Any or all of the following are imminent or occurring: Heavy snow accumulations of 6 or more inches in twelve hours, eight or more inches in 24 hours; Sleet with accumulations of a half inch or more; Heavy snow and blowing snow conditions remaining below blizzard criteria. Winter Weather Advisory - Any or all of the following are imminent or occurring: Snow of accumulations of 3 to 5 inches either imminent or occurring; sleet of accumulations under half an inch either imminent or occurring; blowing snow occasionally reducing visibility between a quarter of a mile and 1 mile with

sustained winds less than thirty five mph; falling and blowing snow occasionally reducing visibility one quarter mile and 1 mile with sustained winds less than 35 mph. Wind Chill Advisory - Wind chill temperatures expected to be a significant inconvenience to life with prolonged exposure. Winter Storm Watch - Issued when winter storm conditions are expected within twelve to forty eight hours.

**Last Saturday
Open at the
Norton
County
Landfill
Will be
November 21
Open Again in the Spring**

For help
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needs please
give Dana
a call 877-
3361

Lions screening unit available

A new Kansas Lions Mobile Screening Unit (MSU) will be on Kansas roads this fall, thanks to a partnership between the Kansas Lions Clubs and a \$100,000 donation per year for five years from the Blue Cross and Blue Shield of Kansas Foundation.

Because of this donation, the Kansas Lions Mobile Screening Unit will continue to travel throughout the State of Kansas and the BCBSKS Foundation service area offering free health screenings to Kansans for years into the future.

The mobile screening unit is equipped to provide screenings for visual acuity, field of vision, hearing, blood pressure and blood sugar.

"We are pleased to partner with the Blue Cross and Blue Shield of Kansas Foundation for the new mobile screening unit," said PDG Joyce DeVore, president of the Kansas Lions Sight Foundation.

"Obtaining regular screenings is an important part of identifying potential health problems. For instance, the blood sugar screening helps detect diabetes, the number one cause of new blindness. Until the Kansas Lions Mobile Screening Unit began operating, many Kansans had to pay out-of-pocket for such medical screening. Thanks to this gift from the Blue Cross and Blue Shield of Kansas Foundation, we are proud to be able to fulfill these needs for Kansans at no cost."

DeVore continued.

To learn about when the Kansas Lions Mobile Screening Unit will be in your area, contact PDG

Joyce DeVore at joyced4@cox.net or www.geocities.com/big-eyebus for information.

Nov. 13 -
Nov. 18

Showing at the
NORTON THEATRE
Where the Wild Things Are

1 Hour, 47 Minutes (PG) (Playing for 1 Week Only)
Fri. and Sat.: 8:00 p.m.;
Sunday: 5:00 p.m.
Mon., Tues., Wed.: 7:00 p.m.

Disney's A Christmas Carol
1 Hour, 50 Minutes (PG)
Presented in Digital Sound

Only Premiere Passes for A Christmas Carol;
All Passes for Where the Wild Things Are

General admission price of \$6.00 and \$5.00 for Where the Wild Things Are; \$3 Sunday
Premiere price \$7.00 and \$6.00 for A Christmas Carol; No Sunday Discount

PREMIERING IN NORTON AT 12:01 A.M. — FRIDAY, NOVEMBER 20
Twilight Series: New Moon (PG-13)
PREMIERING WEDNESDAY, NOVEMBER 25 —
OLD DOGS (PG)

This ad is brought to you by The Norton Telegram

Advance Ticket Information for New Moon: New Moon advance tickets go on sale beginning Friday, November 13, at 7 p.m. Tickets can be purchased during normal business hours beginning Nov. 13 or on Thursday, Nov. 19 between 8:00 and 10:00 p.m. Advance tickets are available for only the 12:01 a.m. premiere showing of new Moon on Fri., Nov. 20. Advance tickets are not to be used at any other showings of new Moon and there will be NO refunds if you prepay and cannot make it to the 12:01 premiere of New Moon. For admission, bring the prepaid advance ticket to the ticket taker at 12:01 a.m. or you can pay with a check or cash if tickets are still available at the door. Check the home page of our website regarding information on how many seats are remaining each day beginning Fri., Nov. 13.

OPEN SATURDAY!
November 21, 2009

gouloosh

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Hours:
Monday ~ Saturday • 9:30 a.m. to 5:30 p.m.
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