Friday, September 28, 2007

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TV commercials affect kids and their appetites

Children are bombarded with television commercials. The average American child sees 40.000 TV commercials a year. A 2005 study found that half of the TV commercials aimed at children were devoted to food (candy, snacks, sugary cereals, and fast foods). Do not let the commercials dictate what you purchase. Always evaluate the merits of what you Allow your child to hand the paypurchase regardless of its commercial popularity.

To make grocery shopping easy, plan ahead. Children who are tired and hungry are more likely to misbehave while grocery shopping. Shop after nap time is over. Be sure to allow your child time to properly wake up and have a nutritious snack before leaving for the store.

Most adults are not overly fond of shopping for groceries. Remember young children are not prepared for marathon shopping experiences. Short trips are better.

Let your child help put the food items in the grocery cart. Make University extension specialist in them an important part of the pro- food, nutrition, health and safety cess of purchasing food.

counter! The candy and toys are Call her at 785-443-3663 or ewaiting as a temptation. Be firm mail twatts@oznet.ksu.edu. For and encourage your child to help *more information, contact the* put food on the checkout counter. county extension office, 877-5755.

Home ed Tranda Watts, Extension specialist

ment to the cashier. Punishing young children who want all those goodies at the check out counter will not help them understand what behavior is expected.

As an adult, parents need to remember that grocery shopping is another of life's experiences that children need to learn about. Make the trip a fun one for everyone. Plan ahead!.

If you have questions about children and food, please feel free to contact your local K-State Research and Extension office.

Tranda Watts is Kansas State for Norton, Decatur, Gove, Be prepared for the checkout Sheridan, and Trego counties.

Soybean rust may be headed north

News that soybean rust has been gun to bloom, Jardine said. found in several fields in northeast Texas and south central Oklahoma, means Kansas producers need to be watchful for the disease.

"This disease has the potential to cause significant soybean yield losses," said Doug Jardine, who is the K-State Research and Extension state leader in plant pathology.

Kansas State University maintains a network of 20 soybean rust is a soybean rust sample. sentinel plots located across soybean producing areas. These plots are scouted regularly for signs of rust.

Producers and consultants in areas of Kansas generally south of U.S. Highway 54 and east of U.S. Highway 81, particularly, should begin actively scouting for soybean rust in fields that have already be- to make a second application later,."

Producers or scouts can submit samples of suspect soybean leaves for evaluation through any county or district cooperative Extension service offices.

• Send 10-15 suspect leaves.

· Place the leaves in a zip-locked plastic bag, and put that bag in another zip-locked bag.

Write on the outer bag that this

 Do not add wet paper towels or other types of moisture to the bag.

• Try to mail it Monday-Wednesday to avoid the possibility of the samples spending the weekend in a post office loading area.

"There is no need to apply a fungicide at this time," Jardine said. "Doing so now may lead to having



Attend Church Regularly



WEEKLY SERMONETTE

"Technology"

By Mike Sander, Youth Minister, Norton Christian Church

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Which brings me to busy that spiritual needs. my next point. With all we ignore the advancements in that No. 1 Sunday Friday Thursday Saturday Monday Tuesday Wednesday technology that are priority. Psalm Psalm Psalm Psalm Psalm Psalm Psalm supposed to make our It is my 119.1-24 119.121-144 119.145-176 119.25-48 119.49-72 119.73-96 119.97-120 lives easier, have you challenge found a time to sit to you, that Scriptures Selected by The American Bible Society Copyright 2007, Keister-Willia down and talk to God. you might Ť ť Ŷ ť ť The sponsors of this church page do so with pride in our community McMullen Real Estate Norton Animal Health Center Pizza Hut/Taco Bell Donald McMullen, Broker; Robert Wyatt Complete Large & Small Animal Service Come Join Us For Our **"SUNDAY BRUNCH BUFFET"** 801 W. Holme • Norton • 877-2411 McMullen & Wyatt Auctions Pizza, Pasta, Salad & Dessert Aaron R. White, DVM Auctioneers * Realtors **FREE COFFEE or TEA** Sarah Ketterl White, DVM Farm•Estate•Antiques•Households W. Hwy. 36 - Norton - 877-3359 Mon.thru Fri. 8-5, Sat. 9-12 113 N. State - 877-3299 - Norton Bridges Group Inc. Felton's Ace Building Center Engel's Sales & Service "For All Your Building Needs" Complete Auto Repair "Serving the Norton Area Since 1894" -Home Owned and Operated-Small Engines & Lawn Care Equip. 117 N. Kansas * Norton, Kan. Joe and Janet Felton Toro * Lawnboy * Stihl Chain Saws 785-877-4016 415 E. Holme - 877-3070 - Norton 209 W. Lincoln - 877-3391 - Norton Whitney Construction Nelson Bros. Moffet Drug Store and Farms "Prescription Specialists" Construction, Inc. Hallmark Cards and **Dry Fertilizer Sales and Applications** Gen. Contractors *Butler Bldg. **Russell Stover Candies** Terracing • Dozer Work • Ponds Equipment Rental 102 S. State - 877-2721 - Norton Route 1 - 877-3745 - Norton Route 3 - 877-2554 - Norton Sander Furniture & Gifts **First State Bank** Ag Valley Co-operative Mon.-Fri. 9 a.m.-6 p.m., "Your Progressive Community Bank" **Elevator-Service Station** Sat. 9 a.m.-5 p.m. 877-5131 or 877-5188 - Norton Member FDIC Bradley and Kim Sander 105 W. Main - 877-3341 - Norton 693-4522 - Clayton Branch 301 W. Holme • 874-4974

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gets

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Technology! Isn't it He's supposedly our best stop and take a look at All the advancements just unbelievable to see friend, yet we often forget your one and only sched- in technology and it's all the advancements and lose track of where ule book (the Bible) and still hard to put first

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OF GRACE PART 5

Soar on Wings Like Eagles: Isaiah 40:31 says, "But those wait for the Lord will gain new strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint"

These Christians "...soar on wings like eagles." There have been many wonderful dramatic writings and teachings on this passage of Scripture. Albert Barnes has one picture that is worthy of consideration as well. "The picture is simply derived from the fact that the eagle rises on the most vigorous and powerful wings of any bird. It is my understanding that it ascends apparently further toward the sun than any other bird. This figure of writing, therefore, denotes strength and vigor of purpose; The writer is denoting an elevation that is high above this world; representing communion with God and nearness to His heart."

Bonnie and I were taken out to eat by a couple in their eighties. This pastor is a Spirit filled Baptist who had a great visitation of the Holy Spirit upon his heart after being bedridden from an accident. He had shared with me in the past of this mighty move of God on his life and how the Lord just gave him revelation after revelation from the written Word of God.

This happened at a very low time of his life, but God met with him and I have observed his life long enough to know that he has fellowship with the Lord. His life radiates a trust, a strengthening as he walks in his calling. Please note I said as he walks in his calling, not what he tells God he should be doing or what people in the church tell him he should be doing.

Your physical afflictions can not keep you down, even if you are only given the privilege to pray and no time or strength for anything else, you can enjoy God's "Ever-flowing Grace."

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