

Call it a test drive!



Steve Reedy, city employee, tested the stability of the slide Friday afternoon at the new playground city crews are building at the swimming pool park.

— Telegram photo by Brandy Leroux

Going lowfat for kids now the focus

Special to The Telegram
This fall, children and families participating in the Kansas Special Nutrition Program for Women, Infants and Children (WIC) Program are expected to benefit from "Moove to Lowfat Dairy," a state campaign encouraging a change to health-promoting lowfat dairy products, a Kansas nutrition specialist said.

The move to lowfat dairy products is typically recommended for children ages two or older, said Karen Fitzgerald, coordinator of the Kansas Nutrition Network, a statewide coalition of nutrition and health professionals.

"Breast-feeding is recommended for infants from birth to one year of age, and whole milk is recommended for children from ages one to two years," Fitzgerald said. "The fat content in whole milk is beneficial to growth and development during this year."

At age two and older, nutrition and health professionals generally recommend a move to lowfat dairy products that offer beneficial nutrients (calcium for healthy bones and teeth and Vitamin D), but fewer calories from fat, said Fitzgerald, who recommends a gradual change from whole milk to 2 percent milk, then 1 percent milk to skim milk.

The recommendation will be

incorporated into WIC checks beginning October, 2009.

To help families make the transition, Kansas nutrition specialists from a variety of state programs and services are introducing the concept with a little help from a nutrition-savvy cow — Clarice — and her son, Carlos, who take the lead in delivering the healthy message in a colorful and entertaining children's book titled: "Moove to Lowfat Milk!"

The book is printed in English and Spanish and includes tips for parents and activities for families, Fitzgerald said.

The educational, lifestyle campaign is distributing more than 29,000 copies of the book to families with children ages two and above who are participating in the state's WIC program, she said. Free distribution of the books has been made possible through a grant funded by the United Methodist Health Ministry Fund.

The push for health-promoting dairy products is expected to help children learn to make healthy choices, yet also encourage family members and adult caregivers to

do the same, the nutrition specialist said.

Extra calories and fat can add extra pounds at any age, Fitzgerald said. Choosing lowfat dairy products is one component in managing weight, but doing so also should help to reduce osteoporosis, a bone disease that can impact the quality of life for older adults, she said.

The Kansas campaign, which is set to launch this month, is drawn from a similar campaign developed by the Florida WIC program in cooperation with its state department of health, she said.

More information on the "Moove to Lowfat Dairy" campaign is available at county and district K-State Research and Extension offices and at local WIC clinics.

(WIC is a U.S. Department of Agriculture nutrition education program that currently serves more than 75,000 pregnant women, and children (up to age five) in Kansas. The Child and Adult Care Food Program, a U.S. Department of Education program, which provides menus for school lunch and

day care programs for children and adults, also is a partner for the campaign, and will highlight it at fall training sessions for child care programs. Copies of the book also are being distributed by the Kansas Association of Child Care Resource and Referral Agencies, which has provided training to infant and toddler specialists and to child care homes and centers in the state.)

Next
Friday
YOU!
comes
to town

Homecoming: filled with activities

(Continued from Page 1)

The Norton cheerleaders are: Abby Bainter, Kyra Fulton, Bethany Winkel, Kayla Scheetz, Marissa Baker, Raven Brown, Emily Juenemann and Brooklyn Winkel. Danielle LeClair is the assistant coach.

The Norton Community High School marching band performed outstanding pre-game and half-time shows.

Among the Norton fans cheering the Blue Jays on to victory over St. Francis Friday night was Jack Ward, the reigning "Blue Jay Booster of the Year".

On Friday afternoon, students, parents and fans got into the winning spirit with the annual parade and pep rally.

The parade began at the junior high with the marching band heralding the class floats and convertibles in which nominees for king and queen were riding.

The pep rally began where the parade ended on the lawn of the Norton County Courthouse. The rally included performances by the dance team and cheerleaders with accompaniment by the Norton band.

A humorous skit entitled "Sole Survivors" had everyone laughing and cheering as, guess who, Norton was enthusiastically declared the winner!

Fig Millan, father of senior and freshman Norton football players, Nish and Trey, respectively, was the featured speaker.

After giving some personal observations on his two sons and how they grew up to be football players, he said that 17 young men

from the senior class were members of the seventh grade football team but that only eight of them are currently Blue Jay gridders.

"Those eight wanted to be part of the football program and stuck with it," he said.

"These guys are hitters and leaders and want to be known as the 'Elite Eight'. I would follow them anywhere!"

The eight Norton senior football players are: Brad Nuzum, Matt Stanley, Nish Millan, Kyle Mindrup, John Van Doren, Donny Hildebrand, Brock Lauer and Zac Dreher.

After focusing on the eight seniors, Fig addressed the entire team. "Your job tonight is to play hard football for 48 minutes, with no breaks," he said. "I've seen you play hard in spurts so far this season but I want 48 straight minutes from all of you."

Next, he focused on the fans and challenged them as well.

"I challenge you fans to each bring one extra person to the game tonight," he said.

"It's been over 30 years since St. Francis has played at Travis Field. We want them to be impressed with our large, enthusiastic crowd!"

He closed with words from Paul "Bear" Bryant, the legendary Alabama football coach. "Coach Bryant told his players to show class, have pride and display character and, if they did these three things, winning would take care of itself."

"Remember that you're proud to be a Blue Jay!"

Spirit Week winners were also

announced at the rally. They are: Best Dressed -- Monday/Costume Day/Halloween: Josh Gallentine and Taylor Rossi, Amanda Delimont; Tuesday/Sports Team Day: Josiah Laughlin, Shelby Schaefer; Wednesday/Tacky-Day: Zach Bainter, Austine Dole; Thursday/Twin/Dynamic Duo Day: Zach Porter and Andrew Otter, Ashley Colip and Taylor Rossi; Friday/Blue and Yellow Day: David Mizell, Jessica Gilgenbach.

Downtown Poster Contest -- Kelsey Griffith, Hannah Fulton, Jacob VanSlike, "11 Little Indians", first; Brittany Otter, Anna Cummins, Cherokee Marsh, "Rain Dance", second; Alyssa Boser, Krista Smith, Jade Braun, Caren Thomson, "Blow Those Indians Away", third.

Parade Floats -- senior class, first; junior class, second; freshman class, third; sophomore class, fourth.

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RCC reminds customers that, after Feb. 17, 2009, a television receiver with only an analog broadcast tuner will require a converter box to receive full power over-the-air broadcasts with an antenna because of the Nation's transition to digital broadcasting. Analog-only TVs should continue to work as before to receive low power, Class A or translator television stations and with cable and satellite TV services, gaming consoles, VCRs, DVD players, and similar products. Information about theDTV transition is available at www.DTV.gov. Information about subsidized coupons for digital-to-analog converter boxes is available at www.dtv2009.gov or by calling 1-888-DTV-2009.

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