

## A home-owned ride



Silence Oucker was one of many children who enjoyed the carousel during the home-owned carnival in Elmwood Park during fair week. The carnival was a huge hit among the children, who enjoyed the activities as well as the rides.

—Telegram photo by Erica Bradley

# Kids, the experts on snacking

Research has shown that after-school snacks provide about one-third of children's calories.

Because children have smaller stomachs, they need the energy and nutrients provided by these mini-meals.

However, when high fat, high sugar snack foods are combined with screen time (either tv or computer) instead of active play time, children are likely to gain more weight than they should for optimum health.

Choosing food implies having POWER.

Refusing to eat certain foods or demanding to eat others is one way children practice their growing independence.

They test values and decide which ones to reject, modify and adopt.

Consequently, doing what everyone else is doing may become more tempting than doing what parents have taught.

The key is to strike a balance between providing good nutrition and letting children make

**Home ed**  
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**Extension**  
**specialist**



independent decisions.

One way to do this is by offering a wide variety of foods.

Provide food choices that offer a range of taste experiences, such as crunchy, soft, chewy, smooth, hot, cold, sweet, sour, bland, and spicy.

Food should never be used as a reward for good behavior, or withheld as punishment for bad behavior.

Focus on physical activity as well as food

All children benefit from physical activity - walking, riding bikes, or playing together is a great way to build family communication.

If your child shows a tendency toward being overweight, encourage more physical activity and less screen time at the television or computer.

Do not cut back drastically on food intake. Children need those nutrients for growth and development.

Encourage label detectives Choose more snacks that have:

- 2 or more grams of fiber
- 10% of the Daily Value for one of the following: Vitamin A, Vitamin C, Calcium, Iron

Choose fewer snacks that have:

- 10% or more of the Daily Value for total fat
- 10% or more of the Daily Value for sodium

• More than 10 to 15 grams of sugar (Remember that every 4 grams equal 1 teaspoon of sugar).

Here are some examples of how you and your child could combine foods from at least two food groups for a nutritious snack: oatmeal cookies and milk, raw vegetables and cheese dip, cheese and crackers, cottage cheese and fresh fruit, raisin bread toast and fruit juice, pears or apples, cheese and milk, hard-cooked egg and cherry tomatoes, fresh fruit with yogurt dip, kabobs made with fruit and cheese, string cheese and fruit juice, celery with peanut butter and fruit juice, sliced apple with peanut butter dip and fruit juice.

If you have further questions about foods and nutrition, please contact your local K-State Research and Extension Office or e-mail [twatts@ksu.edu](mailto:twatts@ksu.edu).

## Couple joined during ceremony

Kerrie Beth Olson and Nicholas Jon Wahlmeier received the sacrament of marriage at the Immaculate Conception Church in Leoville on May 2. Father Henry Saw Lone and Pastor Charlotte Strecker-Baseler officiated at the double-ring ceremony.

Parents of the couple are Randy and Sharon Olson, Oberlin; and Jeff and Mary Wahlmeier, Clayton.

Grandparents of the bride are Darlene Feikert, St. Francis; and the late Ruben Feikert; Glenn and Eunice Martin, Oberlin; and the late Lowell Olson.

Grandparents of the bridegroom are Stan and Ramona Shaw and Agnes Wahlmeier, Jennings; and the late Lawrence Wahlmeier.

The bride was escorted to the altar by her father to Bach's "Jesu, Joy of Man's Desiring." She wore a strapless Maggie Sottero gown with jeweled bodice and corset closure.

Kristy Ostmeyer Ellis, attended her sister as matron of honor.

Bridesmaids were Elise Engelbert, Kansas City; Katie Small, Manhattan; Abby Ream, Kansas City; Rena Unger Manhattan and Kelsey Feyes Bryan, Ohio. Candlelighters were Tawny Ochs, Manhattan, and Brandi Chandler, Wichita.

The flower girl was Taylor Claussen, Manhattan, cousin of the bride.

Adam Wahlmeier, Norton, brother of the bridegroom, was the best man. Groomsman were Grant Davidson, Hays; Brett McKenna, Claflin; Jerry Lahnanan, Colby; Brent Olson, Oberlin; and Jonathan Iman, Hays. d Tyler Ostmeyer, Ellis, nephews of the bride.

A reception, dinner and dance followed the ceremony at The Gateway in Oberlin.

The reception hosts were Ken and Candy Rauhut, Garden City; and Lawrence and Carol Carter Dresden.



Kerrie Olson and Nicholas Wahlmeier

The bride is teaching first grade in Ellis. The bridegroom is currently farming in the Jennings community.

After a honeymoon in Jamaica, they are living for the summer in Oberlin and will return to Ellis this fall.

## Accident Reports

**July 17**  
Renee Bruinekool was driving south on highway 283 when she slowed to turn left. Her car hit Jordan Herman's car because he did not see her signal.

Chandra McKenna was driving west on highway 36 when a deer ran onto the highway. Mrs. McKenna was unable to avoid hitting the deer, causing damage to her vehicle.

**July 25**

## BIRTH

Ryan and Michelle Homolka, Ellsworth, welcomed their new daughter, Sophie Marie, to their family on May 12. Sophie weighed 6 pounds, 15 oz.



Sophie Homolka

Sophie has a big brother, Sumner. Her grandparents are Greg and Yvonne Sumner, Howard sumner, Norcatu; Joyce Sumner, Norton and Jim and Marilyn Homolka, Ellsworth.

## FYI

There were four tables at Duplicate Bridge at Norton Manor on Wednesday. Claudia Bridges and Norman Walter received first place, Myron Veh and Jerry Moritz received second place and Joyce Sumner and Jackie Porter received third place.

Jean Johnson, of Norton, travelled to Denver for surgery last week. She will recover at the home of her sister Nancy in Golden, Colo. Cards and well wishes may be sent to Jean Johnson, Care of Nancy Ruspini, 2304 Fossil Trace Drive, Golden, Colo 80104.

1,000's of Items  
**RuMmAge Sale**  
Fundraiser for Immanuel Lutheran Youth Group  
**SATURDAY, AUGUST 1, 2009**  
7:00 A.M. — 814 N. SECOND, NORTON, KS

2nd Annual  
**CATCH THE FIRE REVIVAL**  
At The "ROCK" Downtown Norton  
7:00 P.M. NIGHTLY  
**August 8 through 13 - Saturday through Thursday**  
Gather the Outcasts Ministry  
Jim Rowh, Norton, Kansas

July 31 - Aug. 5  
Showing at the  
**NORTON THEATRE**  
**Disney's G-Force**  
(PG) 1 Hours, 38 Minutes (Premiere)  
Friday and Saturday: 6:30 and 9:25 p.m.  
Sunday at 5:00 and 8:00 p.m.;  
Monday, Tuesday, Wednesday: 7:00 p.m.  
**Harry Potter and the Half-Blood Prince**  
2 Hours, 43 Minutes (PG-13)  
Only Premiere Passes accepted for Disney's G-Force  
All Passes accepted for Harry Potter  
Disney's G-Force Premiere Price of \$7.00 and \$6.00; Harry Potter- Admission Price of \$6.00 and \$5.00; Sunday Discount of \$3.00 for Harry Potter  
**G.I. Joe: Rise of the Cobra (PG-13)**  
**The Proposal (PG-13)**  
COMING SOON  
This ad is brought to you by The Norton Telegram

Because you have shared in their lives by your friendship and love, the children of Dale and Rosalie Schulze request the pleasure of your company in celebrating their parent's 40th Wedding Anniversary on Sat., Aug. 8, 2009 2-4 p.m. at the Norton Senior Citizens Center Brian, Brandon and Teresa

**WOW-What A Reaction!**  
ooh ahhh ooh ahhh ooh ahhh ooh ahhh  
**SIDEWALK SALE**  
**Saturday, August 1, 2009**  
ITEMS TOO NUMEROUS TO MENTION- AT OR BELOW COST!  
Drastic Reductions Inside Too!  
BARGAINS START AT 7:00 A.M.!!  
**Hall's Clothing**  
DOWNTOWN, NORTON

**You're Invited To Make Your Business Dreams Happen**  
Farm Bureau Financial Services is one of the best business opportunities around. Please join us to learn more about our 65-year history and about becoming an agent. This is a no obligation opportunity to explore a new career direction. If you dream of running a successful business, this could be your opportunity to make it happen.  
**Wednesday, August 5, 2009, 7:00 P.M.**  
Norton Public Library  
Community Room  
1 Washington Square, Norton, KS  
Reserve your seat now by calling 1-888-804-FBFS or completing a registration form at [www.fbfs.com/opportunity/seminar.cfm](http://www.fbfs.com/opportunity/seminar.cfm). Reservations are recommended.  
Presented by:  
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