

Kids Korner

Take Action To Combat Epidemic Of Youth Obesity

LANCASTER (Lancaster Co.) — Did you know that one in seven children are obese and one in three are overweight? Seventeen percent of Pennsylvania youth are overweight according

to the Pennsylvania Department of Health. Three out of four high school students do not eat the recommended five or more servings of fruits and vegetables each day. More than a third of young

people in grades 9-12 do not participate in regular physical activity.

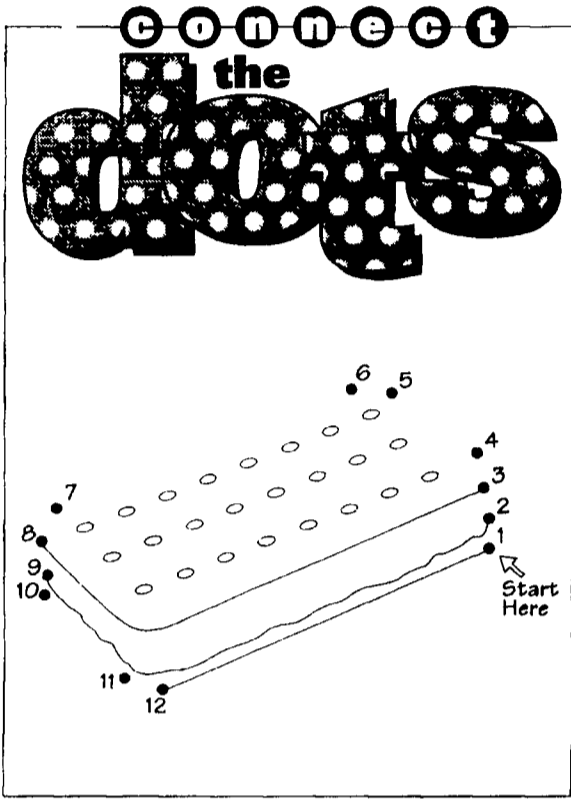
In response, concerned parents, community health professionals, and school personnel

gathered to take action by becoming a Community Champion. Lancaster County's Community Champions are helping Pennsylvania Advocates for Nutrition and Activity (PANA) spread the word about the new Keystone Healthy Zone Campaign to promote physical activity and healthy eating.

Lancaster County's Community Champions are encouraging schools and communities to support the Keystone Healthy Zone Campaign. The campaign will

recognize and reward schools for their efforts in supporting physical activity and good nutrition as part of the total learning environment.

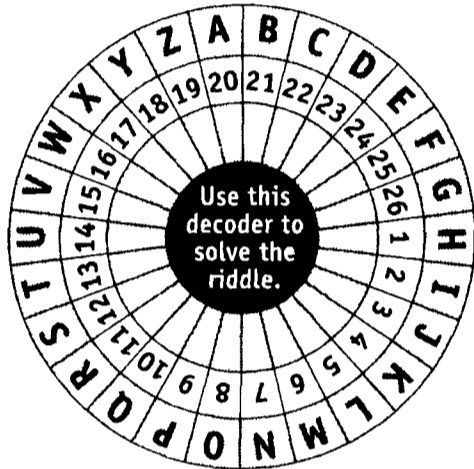
If you would like to learn more about the Keystone Healthy Zone Campaign or becoming a Community Champion, visit the PANA Website at www.panaonline.org. You can also contact Nancy Wiker, extension educator with Penn State Cooperative Extension in Lancaster County (717) 394-6851 for more information about local actions.



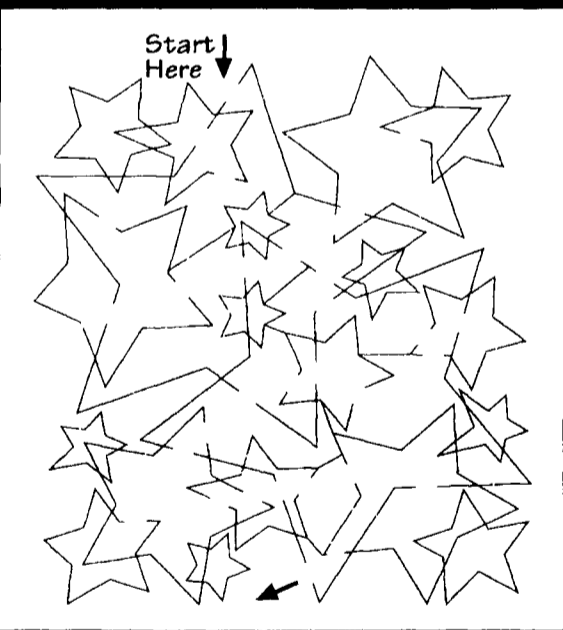
SECRET CODE

How many months have 28 days?

20 5 5 8 25 13 1 24 6



MAZE



SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW

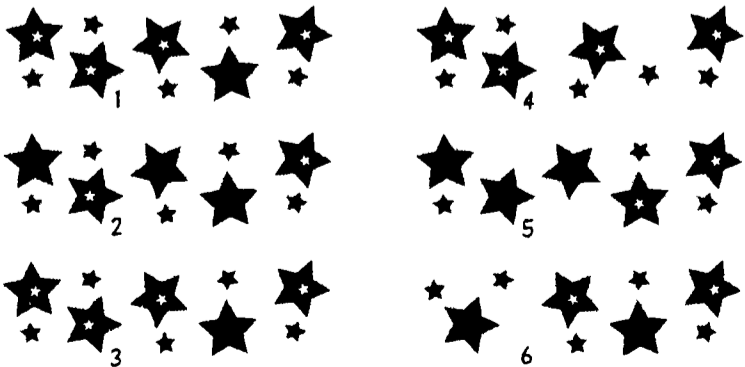
- | | | |
|-------|---------|-----------|
| ASH | CRASH | MOUSTACHE |
| BRASH | DASH | SMASH |
| CACIE | EYELASH | TRASH |
| CASH | FLASH | WHIPLASH |

THE WORDS READ UP DOWN AND ACROSS

E Y E L A F H W H I
 A H S H D L F W G H
 A S H T R A S H H J
 L A B R A S H I K C
 H C R A S H M P H A
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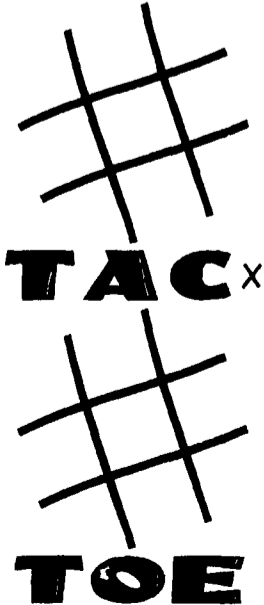
FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?

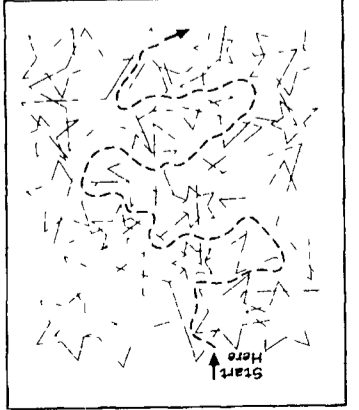
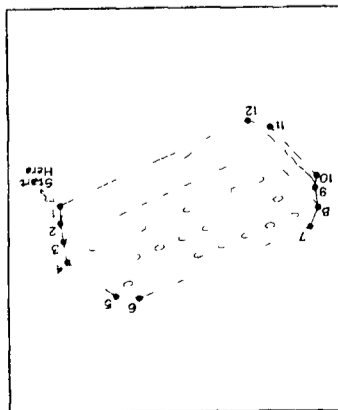
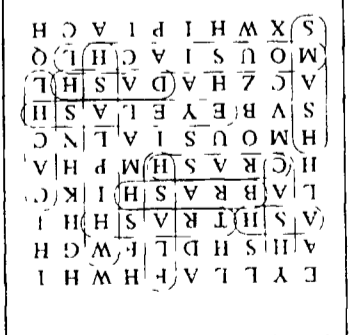


ANSWER ONE AND THREE

TIC TAC TOE

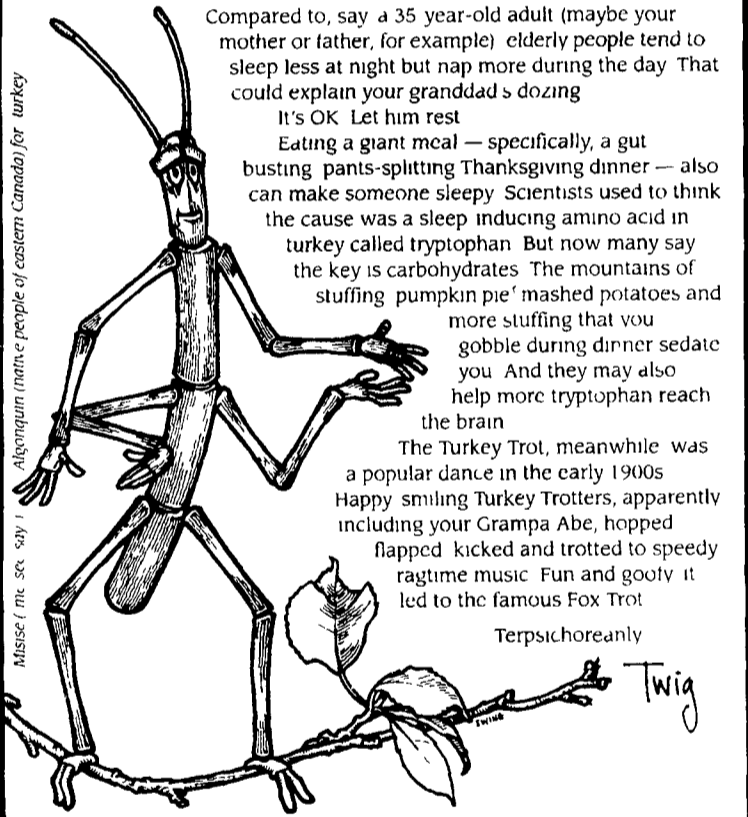


Answers



Smart Stuff with Twig Walkingstick

Dear Twig: Every Thanksgiving, my Grampa Abe says, "Ah, Thanksgiving! I think I'll do the Turkey Trot!" Then he falls asleep on the couch. What's that about?



Compared to, say a 35 year-old adult (maybe your mother or father, for example) elderly people tend to sleep less at night but nap more during the day. That could explain your granddad's dozing.

It's OK. Let him rest. Eating a giant meal — specifically, a gut busting pants-splitting Thanksgiving dinner — also can make someone sleepy. Scientists used to think the cause was a sleep inducing amino acid in turkey called tryptophan. But now many say the key is carbohydrates. The mountains of stuffing, pumpkin pie, mashed potatoes and more stuffing that you gobble during dinner sedate you. And they may also help more tryptophan reach the brain.

The Turkey Trot, meanwhile, was a popular dance in the early 1900s. Happy smiling Turkey Trotters, apparently including your Grampa Abe, hopped, flapped, kicked and trotted to speedy ragtime music. Fun and goovy, it led to the famous Fox Trot.

Terpsichoreonly

From The Ohio State University — specifically OARDC and OSU Extension