

October 3, 1988



DATELINE: DeWitt

Place news items in The Shopping Guide Drop Box at the Capitol Federal Savings office, downtown DeWitt or mail news items to: Dateline DeWitt, The Shopping Guide, 1200 N. Larch, Lansing, 48906.

Drop Box Pick Up
Deadline Is
4:30 P.M. On
Tuesdays

FAMILY FOCUS

by Dawn Harris

EAT WISELY DURING FOOTBALL, FALL OUTINGS

Football season has begun here in Clinton county and soon the parties will start. Eating is the perfect match to go with a ballgame!

People eat a wide assortment of foods and snacks at football outings and other fall and winter activities. One thing to consider about the food you consume is whether or not it is safe. For a tailgate party served from the rear of a station wagon or van, select foods that will keep without refrigeration. Perishables -- a prime cause of food poisoning -- must be kept hot or cold.

Use an ice chest to keep perishable foods cold. Meat sandwiches and other foods made with salad dressing, such as tuna and chicken salad, deviled eggs, potato salad and slaw, need to be kept cold (below 40 degrees F).

Keep hot foods hot until serving time, then serve and eat them

about 100 more calories.

--French Fries provide carbohydrate, fat and some vitamin C. A package of 20 fries is about 233 calories.

--A small package of roasted peanuts has protein and the vitamin niacin at 211 calories per one-fourth cup.

--Potato chips provide some carbohydrate and much fat at 114 calories per 10 chips. Other chips such as corn chips, tortilla chips and cheese crackers, are similar in content.

--One 8 oz. soft drink with sugar provides approximately 100 calories. Coffee and tea provide almost no calories, but cream and sugar add about 36 calories to each cup.

--Popcorn is a good snack if you're counting calories. Without butter it provides 40 calories per cup. Carmel popcorn, however, has 135 calories per cup.

--A medium apple provides about 80

LIONS CLUB RAFFLE

WIN A GOAT FOR A FRIEND, BOSS, ENEMY ECT.



DeWitt Breakfast LIONS CLUB GOAT RAFFLE

Drawing to be held:
OCTOBER 21, 1988

DeWitt Football Stadium - 8:00 pm

\$1.00 per ticket/3 for \$2.00 License #Z9562-19S

For tickets contact Dr. Doyle 669-2945

SENIOR CITIZENS HOLD FALL DINNER

You are cordially invited to our Senior Citizen Fall Dinner to be held at 1:30 p.m. on Thursday, October 24, 1988 at DeWitt Middle School. This dinner is free of charge to any senior citizen in the DeWitt School System as a way of saying Thank you for supporting our schools. Please call DeWitt Community Education at 669-3040 to make your reservation.

DEWITT HIGH SCHOOL



1988-89 SCHOOL CALENDAR

PANTHER HOMECOMING

1988-89 SCHOOL CALENDAR

1/2 Day Release records & inservice . . .	October 28
Thanksgiving Recess	November 24-25
Classes Resume	November 28
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Classes Resume	January 3, 1989
Records Day-No School	January 23
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Last Day for Teachers (half day only) . . .	June 12

PANTHER HOMECOMING FOOTBALL TAILGATE PARTY

Join the Boosters Club on October 7, 1988 5:30 to 7:00 for a Pre-game Tailgate Party in the High School Cafeteria and Parking Lot. Rain or Shine.

Hot Dogs - 3 for \$1.00
Chips - Pop - Cookies

Sponsored by: DeWitt Schools
Booster Club.

DEWITT BOOSTER CLUB

What, No Pay?

That is absolutley right, the DeWitt Booster Club is made up of volunteers who generously give of their own time to make DeWitt schools a better place. Who are these volunteers? Every community member single, married or senior citizen that is willing to bring his or her ideas and work energy to support any athletic or fundraising activities. When and where are the Meetings? The meetings are held the first Monday of each month at 7:00 p.m. at the High School home economics room. Who are the officers?

President - Gary Brya, 669-5817
Vice President - Audrey Fatus, 669-3017
Secretary - Rosemary Fitzgerald, 669-3848
Treasurer - John Stone, 669-3494
Member at Large - Bob Elliott, 669-5157
Call any of us if you would like to work a

specific event or just come to our meetings and join in, you are always welcome! What are some of the upcoming fundraisers?

Homecoming Tailgate Party Oct. 7, 5:30-7:00
Wrestling Breakfast
Santa's Secret Shop - December
Follies
High School Play
Post Prom Pary - May

Remember, there is no pay, unless you consider smiling faces, making new friends and bringing a better quality of life to DeWitt schools, rewarding enough! Hope to see you on October 3rd at 7:00 p.m. for our next Booster Meeting.

p.s. Don't forget to purchase your MacDonald coupons for 50¢ each, a one dollar value, at half the price.

The fellow who invented the lifesaver really made a mint.

Nothing makes an office worker more punctual than 5 p.m.

Keep hot foods hot until serving time, then serve and eat them promptly. Fried chicken, though a popular item, cannot be kept safely hot for an extended period of time.

As a guide to planning a pregame party or selecting your snack foods, follow these nutritional tips:
--Hot dogs and hamburgers provide servings of meat and bread. Without the garnishes (catsup, mayo., chili, etc.), they provide approximately 330 calories each. Garnishes add considerable calories. One-fourth cup of chili adds

popcorn, however, has 135 calories per cup.

--A medium apple provides about 80 candied or caramel apple has about 200.

--Ice cream contributes calcium and protein to the diet. An ice cream sandwich has 170 calories and a chocolate-coated bar has 120 calories.

--A cup of hot chocolate at 240 calories per 8 ounce cup can count at 150. Skim milk has 90 calories.

Football fans and other fall party goers should be aware of the foods they eat on the run and the calories they contain.

HOUSEHOLD HINTS

If you catch a cold:
Drink liquids,
wear your warmest clothes
And boil vapors
for your stuffy nose!

Never throw old
buttons away ---
They'll come in handy
another day!

Apples dried
in the summer sun,
Taste good
when winter has begun!

One thing the inventors can't seem to get the bugs out of is fresh paint.

October 17, 1988

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CALLING ALL ADULT GHOSTS AND GOBLINS

The DeWitt City Fireman's Ladies Auxiliary
will be hold a Halloween Dance at the DeWitt
Memorial Building, 8:30 - 12:30 (doors open at
8:00) on Saturday October 29th, 1988. Music
by Bent Scepters.

Tickets are \$7.00 in advance (call 669-7051
or 669-9257) and \$8.00 day of the dance.
Ticket price includes admission to the dance,
entertainment, entry into the costume contest
for prizes, drink mix, and munchies. B.Y.O.B.

Hope to see you there!



REDEEMER UNITED METHODIST CHURCH TO HOLD "HARVEST FESTIVAL"

The Redeemer United Methodist Church at
the corner of Clark and Schavey Roads, DeWitt,
will hold its annual Bazaar, "Harvest Festival,"
on Saturday, October 22, 1988, from 9:00 a.m.
to 4:00 p.m. They will feature Holiday
Decorations, handcrafted items, "Country"
items, needlework, a Denim booth, wooden
crafts, and much, much more.

The Soup Kitchen will be open from 9:00
a.m. to 2:30 p.m. and will be serving fresh
baked cinnamon rolls and coffee in the
morning and homemade soups and sand-
wiches beginning at 11:00 a.m. Come one,
come all!



Women's Looking Glass

EVERY WEDNESDAY MORNING

September 28 - November 2, 1988
9:00 a.m. to 11:30 a.m.
8:45 a.m. Nursery

DeWitt Community Church
505 West Webb Road
DeWitt, MI 48820
669-5133



DEWITT PUBLIC SCHOOL NEWS

1988-89 SCHOOL CALENDAR

1/2 Day Release records & inservice .. October 28
Thanksgiving Recess November 24-25
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ATTENTION! RESIDENTS OF DEWITT SCHOOL DISTRICT

A Citizens Committee is being formed to

MICHIGAN SCHOOLS JOIN NATIONAL SMOKE-FREE PROJECT

JOIN NATIONAL SMOKE-FREE PROJECT

Over 400 elementary schools throughout Michigan are joining a nation-wide effort to produce America's first smoke-free generation.

The three major voluntary agencies of Heart, Lung and Cancer, are encouraging schools to utilize anti-smoking educational materials beginning in the first grade. Students entering the first grade this fall are expected to graduate from high school in the year 2000.

According to the three agencies, the initiation of regular daily smoking is highest among children in the seventh to ninth grades. About 60 percent of adult smokers say they got hooked on cigarettes by age 14. As a result, an estimated 320,000 Americans die prematurely each year of smoking-related causes, including lung cancer, emphysema, and coronary heart disease, making smoking the number-one preventable cause of disease and death in America.

So far 23 schools in the following counties: Montcalm, Gratiot, Ionia, Clinton, Barry, Eaton, Ingham, and Livingston are enrolled in the Smoke-Free Class of 2000 Project. The program will complement the State of Michigan's Comprehensive School Health Education Program which includes anti-smoking lessons.

First grade students competing the program will be eligible to participate in a nation-wide set of graduation ceremonies in the spring of 1989. "There is still time to sign up," Jill Merke of the American Heart of Michigan said. She is the Michigan co-ordinator for the Smoke-Free Class of 2000 Project.

In Michigan, the American Lung Association, American Heart Association and the American Cancer Society have joined with other health professionals and educational groups to promote this project. They will help supply the information and materials necessary to ensure its successful implementation.

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RESIDENTS OF DEWITT SCHOOL DISTRICT

A Citizens Committee is being formed to review long-range planning for the DeWitt School District and to provide input to the Superintendent for a recommendation to the Board of Education. Three committee meetings will be planned and it is recommended participants be able to attend all meetings. The first committee meeting will be held WEDNESDAY, OCTOBER 19, 1988, at 7:00 P.M. in the Griswold Administration Building. All citizens interested in serving on this committee are welcome and are asked to call the Superintendent's Office at 669-2260.

JOURNEY TO SUMMER OLYMPICS

The 24th Olympic Games were celebrated with spirit (Scott School Second Grade spirit). The festivities began with boarding the Scott School Express to fly to Korea. Each student was given a passport, wings, and a boarding pass (compliments of Northwest Airlines). The six Second Grade classes studied the history of the Olympic games along with facts about South Korea. Opening ceremonies involved the lighting of the Olympic torch, along with each student taking an oath to do their best despite winning or losing. The highlight of the two-week study was outdoor relays. Gold, Silver, Bronze, and Good Sportsmanship medals were awarded to individual teams at the closing ceremonies. A great display of team spirit was seen by every Junior Olympian participating.

A very special thanks to the mothers who helped to make the relays a success: Mrs. Robertson, Mrs. Kuper, Mrs. Pline, Mrs. VanSteenKiste, Mrs. Olsen, Mrs. Meekhof, Mrs. Hodges, Mrs. Ciaramella, Mrs. Kovacic, Mrs. Martin, Mrs. Fitzgerald and Mrs. Wangen.

The Olympics were held in Scott School you see,
There were 150 2nd Graders striving to be the best they could be.
They had passports and boarding passes and the students knew why,
Because they flew the Scott School Express up high in the sky.
There were ceremonies and oaths with a great torch of light,
It kept the team's enthusiasm all through the night.
The students learned Olympic facts, stories, and had lots of fun.
It was at closing ceremonies when it was considered to be done.
But, oh what a success the outdoor relays were.
The Junior Olympians all won medals ... they were confident and sure.
There were bronze, gold, silver and participant ones, too.
You should have seen some of the tricks that they had to do.
The Olympics have ended, the torch has gone out,
But the memories will linger without a doubt.



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SUPERINTENDENT'S

CORNER



Good schools depend upon a committed community, competent staff and wise leadership. But they must also include five MAIN CONCEPTS, says the Education Commission of the States. Here they are:

- 1) **SCHOOLS PLACE A HIGH VALUE** on the uniqueness of the individual student. Teachers strive to individualize and personalize teaching
- 2) **ACHIEVEMENT** is the school's focus. Everything possible is done to help students grow and learn to their maximum potential in their individual areas of talent and ability.
- 3) **ACTIVITIES USE THE RESOURCES** of the total community. The teacher acts as coordinator of activities involving any members of the community who can facilitate the learning process for students in their classes.
- 4) **THE SCHOOL IS REALISTIC** in its undertakings and recognizes its limits. The staff attempts to do only those things it is trained for and is able to do.

DEWITT CHAPTER #30 OES ANNUAL CHRISTMAS BAZAAR

The DeWitt Chapter #30 OES will hold their Christmas Bazaar on Saturday, November 12th, 8:00 a.m. to 3:00 p.m.

It will feature arts and crafts, baked goods and a lunch with homemade soup, hot dogs, sloppy joes and pies.

On Sunday November 13th from 9:00 a.m. 1:00 p.m. there will be a pancake breakfast. Adults: \$3.50, Children \$2.50. DeWitt Masonic Temple, 118 N. Bridge St., DeWitt.

1988-89 SCHOOL CALENDAR

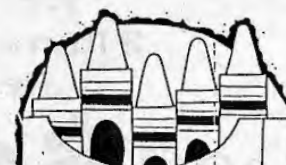
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SAVE THOSE RECEIPTS!

The "Apples for the Students Program" is being sponsored by Food City Stores to enable schools to obtain FREE Apple computers, printers and software.

In conjunction with this program, Scatt and Fuerstenau Elementary Schools will be collecting cash register receipts from Oct. 17 through May 6. Receipt totals from each Wednesday and Saturday in the months of November and December will receive double credit.

The DeWitt Elementary PTA hopes that parents, relatives and neighbors will help support this program by sending their Food City register receipts to school with the children. Questions: call Linda Overmyer 321-6109.



DEALING WITH COMMON STAINS COLLECTED AT SCHOOL

Children's school clothes sometimes seem to act like magnets for stains. You needn't despair, however. With quick action and some know-how, you can remove most of the stains, **CRAYONS**

Crayon marks are easy to remove if you do it right away. A spot treatment with a dry cleaning solvent (available in hardware stores or in the laundry section of most supermarkets)

4) THE SCHOOL IS REALISTIC in its undertakings and recognizes its limits. The staff attempts to do only those things it is trained for and is able to do.

5) BALANCE IS ACHIEVED between different or opposing groups. Students with diverse backgrounds are brought together without developing a bureaucracy but with an organized focus on the needs and goals of the students.

WE BELIEVE THE ABOVE FIVE COMPONENTS ARE PRESENT IN THE DEWITT PUBLIC SCHOOLS.

Terre Davis, Ph.D.
Superintendent
DeWitt Public Schools

DEWITT ELEMENTARY PTA MEETING

Are you all stressed out? Did you ever wonder how your stress affects your children? If so, come to the next DeWitt Elementary PTA Meeting Monday, November 21, at 7 p.m., in the Scott School Cafeteria. Our speaker will be Kathy Jones, M.A., Manager of the Health Education Center at St. Lawrence Hospital. Kathy will give us some helpful tips on how to manage our stress --- especially around the holidays!

CUMBERLAND ELEMENTARY SCHOOL TO HOLD CRAFT BAZAAR

The Cumberland Elementary School will hold a Craft Bazaar on Saturday November 19, 1988, 2801 Cumberland Rd. Hours are from 9:30 a.m. to 4:30 p.m. Lots of fun & crafts for all ages.

The Shopping Guide DeWitt Edition October 31, 1988

parents, relatives and neighbors will help support this program by sending their Food City register receipts to school with the children. Questions: call Linda Overmyer 321-6109.

ATTENTION
Friends of KEN REED
Ken is in the Newberry Sunshine Home. He would greatly appreciate hearing from you.

Send letters to:
Newberry Sunshine Home
North Ohio Street
Gaylord, Michigan 49735
Phone 517-732-4914



VOTE!



NOVEMBER 8, 1988



however, with quick action and some know-how, you can remove most of the stains,
CRAYONS

Crayon marks are easy to remove if you do it right away. A spot treatment with a dry cleaning solvent (available in hardware stores or in the laundry section of most supermarkets) will take care of the crayon wax. Next, wash the garment in warm water with a heavy-duty liquid detergent. If the stain is still there, it's probably because the color dye was strong. You may need to use an all-fabric bleach.

Don't iron a crayon stain. It's not true that ironing is a good way to remove wax. Ironing will only set the color and make the crayon stain worse.

FELT-TIP PENS

Felt-tip pens contain either washable or nonwashable inks. If you're not certain what kind of pen caused the stain, treat it as a washable ink stain. First, spot treat with a heavy-duty liquid detergent. If the ink is water soluble, the stain will probably come out. If it faded but didn't come out entirely, try using an all-fabric bleach next. If the ink was the nonwashable type, nothing will budge the stain.

PENCIL

If you want to get a pencil mark off a garment, first carefully erase as much of it as possible. An art gum eraser usually works better than the kind of eraser found on a pencil. Don't try to erase on a fragile fabric---you could rub right through it. Next, wash as usual with a heavy-duty detergent.

TEMPERA PAINT

Tempera paint is water soluble, so washing immediately with a regular laundry detergent will get it out. One danger is that the paint will be deposited on other parts of the fabric or on other clothes in the washing machine. Treating the stained spot avoids this problem. If tempera paint stains dry, they can be difficult to remove and may require bleaching.

FRUIT DRINKS

Fruit punch drinks often contain vegetable dyes that can be difficult to remove. Rinse in water first, then spot treat with a detergent. This probably won't remove all the stain, so use a bleaching treatment next. Soak the garment for a half hour in a solution of 1 tablespoon bleach to 1 gallon water. Then wash as usual.