

Rainbows and rhymes part of children's fare

The Farmington Community Library is presenting a lineup of children's fall programs, which are free but require prior registration.

Both branches are offering the programs, which are open first or second session. Registration can be done by phone at 553-8980, Farmington Hills, or 474-7770, Farmington.

The Farmington branch programs for preschool and kindergarten children are:

"Shape of Me" will explore the concepts of size and shape through stories,

songs, films and craft activities. There is a 50-cent materials fee. The program will be Tuesdays, Oct. 6-27, 11:30 a.m. to noon, or Mondays, Nov. 16-Dec. 7, 11:30 a.m. to noon.

"Rhymes for Reasons" will feature craft activities, stories and fun centered around Mother Goose rhymes. The program will be Wednesdays, Oct. 7-28, 10:15-10:45 a.m. or Tuesdays, Nov. 17-Dec. 8, 10:15-10:45 a.m.

"Rainbow of Stories" is a colorful trip through stories, film, song and crafts. Each week will feature a different

color. There is a 50-cent materials fee. The program will be Mondays, Oct. 5-26, 2:20-3 p.m., or Wednesdays, Nov. 18-Dec. 9, 2:20-3 p.m.

"Creative Movement" is basic movement activities using music and rhythm, games, dramatic play, stories and spatial awareness. The program is Wednesdays, Oct. 7-28, 2:20-3 p.m., or Mondays, Nov. 16-Dec. 7, 2:20-3 p.m.

"Harry the Dirty Dog" is stories, a film and fun featuring the aforementioned character on Thursdays, Oct. 8 or Oct. 29, 2:20-3 p.m.

"Frog and Toad Together" is the adventures of the funny twosome Frog and Toad. There will be stories, games and craft-making on Wednesdays, Nov. 18 or Dec. 9 from 11:30 a.m. to noon.

"Alphabet Soup" is stories, film, games, song and crafts centered around letters of the alphabet. There is a \$1 materials fee. The program is

Mondays, Oct. 5-26, 10:15-11 a.m. or Thursdays Nov. 18-Dec. 17, 2:20-3 p.m.

THE FARMINGTON Branch also offers programs for elementary-school-age children. They are:

"Science Sleuths" will investigate basic science concepts as the children create crazy concoctions, share secret codes, solve puzzles and perform simple scientific experiments. There is a materials fee. The program will be Mondays, Oct. 5-26, 4-5 p.m. or Tuesdays, Nov. 17-Dec. 8, 4-5 p.m.

"Library Yarnspinnings" is a creative stitchery program which will include various forms of needle art like cross stitch, needlepoint and spool knitting. There is a \$3 materials fee. The program is Wednesdays, Oct. 7-28, 4-5 p.m., or Wednesdays Nov. 18-Dec. 9, 4-5 p.m.

"Reader's Roundtable" is an informal

discussion of books and related activities. The program is the second Tuesday of each month from 4-5, Oct. 8-May 13. There is a materials fee. The Farmington Hills Branch also will be offering registration-required programs for preschoolers. Their lineup includes:

"Belly Benders" stories, fun exercises and tricks for adult/child enjoyment. There is a 25-cent materials fee. The program will be Mondays, Oct. 5-26, 11:30 a.m. to noon, or Tuesdays, Nov. 17-Dec. 8, 11:30 a.m. to noon.

"Four Weeks of L.O.V.E." will involve a group using library materials and literature to introduce activities involving clay, cool cooking, sock puppets and creative play. There is a \$1.25 materials fee. The program will be Tuesdays, Oct. 6-27, 10:15-10:45 a.m., or Thursdays, Nov. 19-Dec. 17, 2-2:30

p.m.

"One, Two, What's In the Shoe?" is stories, finger plays, songs and more inspired by what could be found in a shoe. The programs will be Wednesdays, Oct. 7-28, 2:20-3 p.m., or Wednesdays, Nov. 18-Dec. 9, 10-10:30 a.m.

"Stone Soup" will prepare recipes developed from introductory stories and library materials. There is a \$3 materials fee. The program is Tuesdays, Oct. 6-27, 2:20-3 p.m. or Mondays, Nov. 16-Dec. 7, 10-10:30 a.m.

"Frog and Toad Together" is the funny adventures of Frog and Toad. There will be stories, games and puppet-making on Wednesdays, Oct. 7 or Oct. 21 from 11:30 a.m. to noon.

"Harry the Dirty Dog" is stories, a film, finger plays and fun featuring the character Harry the Dog on Tuesdays, Nov. 17 or Dec. 1 at 2-2:30 p.m.

Schools adjust menus under new guidelines

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"SAY THE LAW requires two ounces of cheese on a pizza," he said. "Maybe 1 1/2 ounces would do the job. It might be that two ounces of cheese is so much cheese it becomes objectionable. Hopefully, they are attempting to let us have more flexibility."

The proposed new guidelines set minimum standards that call for smaller portions to be served to students in three categories: preschool, elementary and secondary.

Preschoolers must receive one ounce of meat or meat substitute now, plus one-half cup of a fruit or vegetable and a half serving of bread or enriched flour product. The old standard was 1 1/2 ounces of meat, 2 cups of fruit or vegetable and five to eight servings of bread or a grain alternative. A 6-ounce serving of milk was formerly required while the current requirement is 4 ounces.

In elementary schools students must get 1 1/2 ounces of meat or meat substitute, one-half cup of fruit or vegetable, one serving of bread per day and 6 ounces of milk to qualify for federal

reimbursement. The old guidelines called for 2 ounces of meat, 1/2 ounces of fruit or vegetable and 8 ounces of milk.

In the high schools students will continue to receive 2 ounces of meat and 8 ounces of milk but only one slice of bread instead of eight and one-half cup of fruit or vegetable instead of three-fourths of a cup.

COOKIES NOW are allowed to be counted as a bread alternative if they are made with enriched flour.

The proposed USDA guidelines call for the elimination of a past requirement that all components of a meal provide at least one-third of the child's minimum daily requirements in each food group, said Mary Beth Miller, USDA public information specialist in Chicago.

Persons wishing to comment on the proposed changes may do so by writing to the USDA by Oct. 5. The person to write to is: Cynthia Ford, Branch Chief, Technical Assistance Branch, Nutrition and Technical Service Division, Food and Nutrition Service, USDA, Washington, D.C. 20250.



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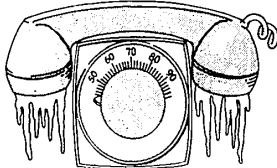
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