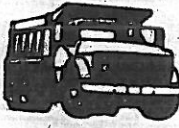



Van Buren Register S

<p>Wiley Excavating</p> <p><i>Eric and Jeni Wiley</i> Cell: 641-919-9290 Office: 641-936-4625 14833 Railroad St. -- Douds, Iowa</p> <p>*Trackhoe * Bulldozer * Dump Truck *Skidloader * Scraper</p>	<p>Brown's Body Shop</p> <p>Collision and Restoration</p> <p>Ron Brown & Matt Brown</p> <p>411 Union Street Stockport, IA 52651 Phone: 319-796-4430 Fax: same</p>	<p>CUSTOM BULLDOZING</p> <p>Gary Franklin 641-777-8508 Keosauqua, Iowa</p> <p>Leonard Cole 641-919-1082 Douds, Iowa</p>
<p>Snyder Plumbing, Cooling, Heating & Electric, LLC</p> <p><i>Septic Systems, Geothermal, Backhoe & Trenching</i></p> <p>YORK 319-796-2186 It's time to get comfortable. Bonaparte, Iowa</p> <p>Seth and Meghan Snyder- Owners</p>	<p>Wayne Hootman</p> <p><i>Rock, Lime, and Sand Hauling</i></p> <p>since 1965</p>  <p>293-3066</p> <p>U.S. D.O.T. 726352</p>	<p>AFFILIATED WITH UNIVERSITY OF IOWA HOSPITALS & CLINICS</p>  <p>Van Buren County Hospital</p> <p><i>Simply Remarkable</i></p> <p>◆◆◆◆◆</p> <p>Outreaches in Douds • Birmingham Cantril • Farmington • Keosauqua Bonaparte</p>

Van Buren Middle School and Healthy Villages to sponsor Community Health Fair

Van Buren Middle School and Healthy Villages are teaming up to sponsor a Community Health Fair to be held on Monday, January 10 from 6:30-8:00 p.m. at the Middle School in Stockport. The goal of the event is to promote healthy food choices and the importance of physical activity.

During this time, everyone is invited to come and enjoy a spaghetti dinner in the cafeteria with your family. Dinner will be served from 6:30-7:30 p.m. and include spaghetti, salad, French bread, fruit and drink. The dinner is free for everyone! Research shows that children who eat regularly with their family do better in school than children who do not. The benefits of eating together as a family also include: you and your children will talk more. Children are less likely to be overweight and more

likely to stay away from cigarettes, alcohol and illicit drugs. Researchers have found that families who eat together also tend to eat more vegetables and fruit- and fewer fried foods, soda and foods with trans fats. If you are interested in attending "Family Dinner Night", reservations would be appreciated. To reserve your "spot", please call the school at 319-796-4414.

Many businesses and organizations will be providing information at the Health Fair, they include: American Diabetes Association, Bloom and Bark, Healthy Villages, JEL and Van Buren SAFE Coalition, Kohl Wholesale, Pathfinders RC & D, South Central Iowa Area Health Education Center, Van Buren County Hospital, Van Buren Public Health, and much more. This will also be a Healthy Vil-

lages enrollment and check-in event for anyone wanting to participate in the Healthy Villages program. Games and activities will be in the gym during the evening, including Wii stations. Floor prizes will be awarded at 7:00 p.m.

A few "Ask the Expert" events are scheduled to occur during the Health Fair, see below for a schedule.

6:30-7:00 p.m Gary Debner, Physical Therapist-Using Therabands

7:00-7:30 p.m. Heidi Bainbridge, Aerobics and Yoga Instructor- "Mini" yoga class

"This health fair is designed to educate and motivate everyone to make better food choices and increase awareness about the importance of physical activity, as well as, give our students an opportunity to eat a meal with their family and voice their ideas and preferences regarding school meals," says Sara Sprouse, school nurse. During the event, students and their parents will be asked to complete a questionnaire on what healthy choices they would like to be available with school meals.

If school is cancelled or there is an early-out due to weather, the Health Fair will be postponed to Monday January 17. Notification will be via Code Red calling system if postponement is required.

Reserve your "spot" soon!