



Eric Becker, sixth grader at Eisenhower Elementary, won the school-level competition of the National Geographic Bee on Jan. 6. — Telegram photo by Carolyn Plotts

Geography winner moves up

Eric Becker, a sixth grader at Eisenhower Elementary School, won the school-level competition of the National Geographic Bee held Jan. 6. His teacher is Teresa Schulze.

As the school winner, Eric will advance to the next level of competition. He will take a written exam to determine state competi-

tors. The state winner is eligible to win the national championship and its first prize of a \$25,000 scholarship.

During the school-level bee, students answered oral questions on geography. This competition was the second round in the 18th annual National Geographic Bee sponsored by the National Geo-

graphic Society and J.P. Morgan and Chase and Co.

Eric said he knew some of the questions, but he just guessed at others. "I got lucky," the 11-year old said. He also said his favorite subject is not geography, but rather, social studies.

His parents are John and Anne Becker, rural Norton.

Food labels change to include trans fat

By TRANDA WATTS

Did you know that food labels are changing? In 2006, nutrition fact labels on foods are required to identify the presence of trans fats. The requirement has prompted some companies to re-formulate foods to eliminate trans fats. Many cookies and crackers are now being touted as having "0 Trans Fats."

Trans fats, which typically add flavor and prolong the shelf life of commercially-prepared foods, have been implicated in increased heart disease risk.

We all need some fat, however. Like carbohydrates, fat is used by the body as an energy source. It also is key in delivering fat-soluble vitamins A, D, E and K. Fat adds flavor to foods, and improves the mouth feel. Mouth feel describes the texture or the smoothness fats add to our foods. Fats also add satiety - a feeling of being satisfied after we eat. Peanut butter is an example - it's the fat in peanut butter that makes it smooth, creamy and filling — it satisfies.

Too much fat can add extra calories that add up to extra pounds and contribute to a long list of health problems, including obesity, heart disease, diabetes and some cancers. Here are some fat reducing tips for your diet to help prevent added pounds.

1. Read food labels; look at the type of fat and the percent of calories that comes from fat.

2. A little fat can go a long way in flavoring food, so look for reduced-fat versions of favorite foods, such as a reduced fat butter-like spread that combines an unsaturated fat (like canola oil) with a saturated fat (butter) to reduce fat in a spread. Reduced-fat salad dressings, cream cheese and even fat-free half and half can reduce saturated fats in the diet without sacrificing flavor.

3. Serve salad dressings, sauces and gravies on the side, so you can choose how much of these foods, which often are high in fat, to eat.

4. Choose lean cuts of meat and poultry. Trim visible fat and use cooking methods that do not add fat, such as oven roasting, broiling, poaching, steaming, baking or grilling.

5. Cook at home if you can, so you'll know exactly what you're eating and how it was prepared.

6. If eating out, choose menu items that are marked as healthy choices and/or described with words such as baked, broiled or lean grilled.

7. Increase fruit and vegetable servings. Though these are typically low-fat foods, it's important to not add fat when cooking or serving fruits and vegetables. It's

the add-ons, a chunk of butter or a dollop of sour cream, rather than the fruit or vegetable itself, that are at fault.

8. Look for recipes that call for oil, rather than solid fats.

9. Use fat replacements. Replace some of the fat in a brownie recipe with applesauce or use reduced-fat spread or nonfat yogurt to replace high-fat toppings for baked potatoes. Look for little ways to lower fat, without giving up favorite foods. Choose skim milk over whole milk or a graham cracker crust over a traditional pie crust prepared with lard. Make fruit pie, which typically has a double crust, with one crust and/or a crumb topping or lattice crust to reduce fat, not flavor.

10. Eat recommended portions and, if still hungry, opt for seconds in foods that are filling (fruits and vegetables), but low in calories and fat, rather than loading up on fat-laden foods. If the family still wants Grandma's favorite cookie or birthday cake that's high in fat, make smaller cookies and eat one or two, rather than several or serve a smaller piece of cake.

Don't expect to change your diet overnight. Gradual changes can lead to a health promoting lifestyle and often last longer than going cold turkey.

Ag Valley Coop

Are you ready to launch your pre-harvest marketing plan?

WINNING THE GAME

Join us for an exciting new workshop: "Launch your Pre-Harvest Marketing Plan"

Have you ever written a concise and practical marketing plan? During this half-day session you will examine the key elements of a solid marketing plan, and learn how crop insurance, target prices and decision dates can work together to help you secure a good average price for your crop. In this workshop you can write your own marketing plan, then implement it in a realistic market-simulation game. See how to make your plan work and how you react to real-life market fluctuations. **Are you ready to launch your pre-harvest marketing plan?**

DATE:	TIME:	LOCATION:
Monday, January 16	1:00-4:00 p.m.	North Platte, McKinley Ed Center, Multi Purpose Room
Tuesday, January 17	9:00 a.m.-noon	Bartley — Legion Hall
Tuesday, January 17	1:00-4:00 p.m.	Norton Public Library
Wednesday, January 18	9:00 a.m.-noon	Arapahoe — Ella Missing Center

Please plan to attend one or more of these meetings. Refreshments will be served.

Call 800-228-1352 for more information. Sponsored by: Ag Valley Cooperative



About "Winning the Game" marketing workshops — "Launch your Pre-Harvest Marketing Plan" is the second in a series of workshops from the University of Minnesota under the "Winning the Game" banner. Each workshop starts with a grain marketing game, where producers make pricing decisions. The games are fun, but more important is learning a practical approach to grain marketing that cuts through the fog of market opinions and commentary to help producers make some common sense decisions.

Annual Pinewood Derby is changing locations

The Norton Lions Club is once again sponsoring the Cub Scouts Pinewood Derby. This year it will be held at 4 p.m., Saturday, Jan. 21 in the fellowship hall of the Norton United Methodist Church.

Scouts make their race cars from a block of wood, four wheels and axles. The rest is up to the boy and his own creativity.

On race day the cars are raced

down an inclined track made by Lion Ed Witt, owner of Jay's Woodwork Shop.

This year there will be an adult division. Kits are \$4 and may be purchased from Cub Master, Kevin Baughman. Contact Mr. Baughman at 877-2591.

Medals and trophies will be awarded to the winners in each division.

Foundation giving free trees

Ten free flowering trees will be given to each person who joins the National Arbor Day Foundation during January.

The free trees are part of the non-profit foundation's Trees for American campaign.

The trees include two white flowering dogwoods, two crabapples, two Washington Hawthorns, two American redbuds, and two Kousa dogwoods. They will be shipped, postpaid, at the right time for planting between Feb. 1 and May 31 with instruc-

tions. The six to 12 inch trees are guaranteed to grow.

To become a member of the foundation, send a \$10 contribution to Ten Free Flowering Trees, National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, Neb. 68410, by Jan. 31, or go online to: arborday.org.

Members also receive a subscription to the foundation's bi-monthly publication, *Arbor Day*, and *The Tree Book*.

Goody News



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TAX IS INCLUDED

215 South Kansas Avenue, Norton, KS 67654 — Phone: 785-877-3361

AYSO Soccer Registration

Friday, Jan. 13 - 5-8 p.m.
 Sat., Jan. 14 - 2-6 p.m.

309 E. Main, Norton
 (Former Prairie Land Building-Just North of St. Francis Parish Hall)