

# Them thar's fightin' foods

Winter's nasty ailments demand a strong constitution supported by a healthy diet to boost our immune systems. This year's strain of influenza has been resistant to vaccines in the annual flu shot. If we are wise, we'll try to keep our resistance high through other means during prime flu months. Simple coughs turn into bronchitis, sore throats and sniffles hang on for weeks and laryngitis runs rampant in cold weather. Over the counter medications may relieve the misery temporarily but we preferred to eat what LeRoy called his Fightin' Foods, which build a body's defense system on a permanent basis.

Grapefruit or grapefruit juice had a permanent place in our refrigerator. Citrus fruits of all varieties are powerful food warriors. That old saw about the "apple a day" might better be "an orange a day" to keep the doctor away. This does not mean a tiny glass of artificially sweetened juice, but the entire fruit. Most doctors advise eating whole fruits for their fiber benefits as well as their load of Vitamin C. Tangerines are delicious and easy to peel, lemons and limes add their tasty tang and orange peel zest has earned its name. Depending on weather conditions, citrus fruits are often expensive but they bring far more value to your body than many other empty calorie food items commonly purchased. Our family missed very little work or school time due to eating as much citrus as we could stuff down during the winter. The FFA organization in Norton sold wonderful Texas oranges and grapefruit by the case every year and we were their best customer.

Cherries, cranberries, strawberries and blueberries are more brave little soldiers to help you hold the line when germs are swarming. One of my favorite preserves grinds together un-peeled oranges, apples and cranberries sweetened with sugar free raspberry gelatin powder. Blueberry pancakes or muffins start off a day with the good breakfast every nutritionist recommends. Strawberries are packed with vitamins and fiber. We raised and froze raspberries, cherries and rhubarb for good winter fruit sauces. Berries are pretty pricey even when they are in season but can be found in a frozen berry mix available and reasonably priced

## Cook's Corner

Liza Deines



year around. And, oh, they are so berry, berry good!

Remember when every home set out a bowl of nuts at Christmas? Heaped with English walnuts, pecans, almonds, filberts and the occasional Brazil nut, it was one healthy holiday treat. Dad showed me just how to crack the shells and I would use the pointed picks to dig out fresh nutmeats. It was only later I learned of their germ fighting qualities. Avoid the oily, heavily salted cocktail nuts often found on bridge tables and go for toasted soy nuts, sunflower seeds, dry roasted peanuts or plain almonds for maximum nutrition and minimum calories. Pecans, pistachios, macadamias and cashews are much higher in calories and oils, so limit them to just a few. Walnuts and cinnamon sprinkled over morning oatmeal not only boosts the protein and potassium content, but adds delightful crunch and flavor. Freshly shelled nuts are free of preservatives, too, so eat them right up or store them in your freezer.

A 1940's glass refrigerator dish was on our breakfast table every morning, full of prunes, figs, and dried apricots. We also dried apple rings in our home dehydrator. All dried fruits are another good source of potassium, plus they're top of the line in providing iron, both essential elements in the battle against "bugs". If you must take antibiotics to fight a bacterial infection, prunes and figs keep the digestive system working smoothly. When we traveled we took a plastic bag of dried fruit along to combat irregular meal times, strange foods and variances in our daily routine. They're a great snack anytime.

To avoid the flu, stay well hydrated with green tea and honey, eat fish when you can, and chicken soup, of course; in addition, do try the four Fightin' Foods listed here. Who knows, some of us may survive until spring without suffering a single bout of "the punies", as my brother would say.

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# Students of the Month

Norton Community High School Student of the Month For the Month of November



Student : Morgan Farber  
Parents : Shannan and Mitch Hempel, Eric Farber  
Grade : Sophomore  
Nominating Staff Member: Mr. Jim Green  
Comment from nominating Staff Member: "Morgan does outstanding work and demonstrates a good understanding of the material."  
Factoids about Morgan  
Favorite Class : Vocal or Math  
Favorite Drink : Mountain Dew

Favorite Color : Turquoise  
Favorite Food : Cheesecake  
Favorite Movie : Step Up 4  
Favorite Saying : "Good One!"  
Favorite Song : Wanted by Hunter Hayes  
Favorite Hangout: My house or a friend's house watching movies.  
Personal Hero : Mariah Farber or Alyssa Boser  
Future Plans : Applying to Colby Community College's Physical Therapy Assistant Program and train to be a PTA.

Norton Community High School Student of the Month For the Month of November



Student: Vaughn Newman  
Guardians: Steve Jeltz and Terry Haynes  
Grade: Senior  
Nominating Staff Member: Mrs. Heather Dubois  
Comments from nominating staff member: "He's unfailingly engaged in class. He is willing to read the largest part (Macbeth) aloud and contributes thoughtful, intelligent responses in discussion, and he treats everyone he encounters with respect and kindness."  
Factoids about Vaughn

Favorite Class : Woods  
Favorite Drink : Apple Juice  
Favorite Color : Red  
Favorite Food : Chicken  
Favorite Movie : Ted  
Favorite Saying : "The grass isn't always greener on the other side."  
Favorite Song : Pursuit of Happiness by Kid Cudi  
Favorite Hang out : My house.  
Personal Hero : Richard Branson  
Future Plans : Go to college for Culinary Arts

## SCHOOL MENU

### Norton Jr.-Sr. High Schools Menu

Monday, Jan. 21  
No School-Inservive  
Tuesday, Jan. 22  
Breakfast-Pizza squares, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.  
Lunch-Breaded chicken sandwich, lettuce and tomato, corn, applesauce w/cinnamon or chef salad and milk.  
Wednesday, Jan. 23  
Breakfast-French toast stix w/ syrup, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.  
Lunch-Beef burrito, lettuce and chopped tomato, peaches, soft chocolate cookie or chef salad and milk.  
Thursday, Jan. 24  
Breakfast-Breakfast pocket, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.  
Lunch-Chicken and noodles, whipped potatoes, carrots and broccoli, rolls w/margarine, pears or chef salad and milk.  
Friday, Jan. 25  
Breakfast-Breakfast quesadilla, fruit or juice, or choice of assorted cereal, toast w/margarine

and jelly, and milk.  
Lunch-Ham and cheese roll-up, green beans, Carnival Salad, pineapple tidbits or chef salad and milk.

### EES Menu

Monday, Jan. 21  
No School  
Tuesday, Jan. 22  
Breakfast-Sausage pancake stick, warm syrup, strawberry fruit cup, apple juice, milk and toast with peanut butter.  
Lunch-Baked ham, scalloped potatoes, baby carrots, pineapple chunks, whole wheat roll and milk.  
Wednesday, Jan. 23  
Breakfast-Applesauce muffins, apricots, grape juice, milk and toast with peanut butter.  
Lunch-Lasagna, tossed salad, peaches, garlic bread and milk.  
Thursday, Jan. 24  
Breakfast-Golden waffles, warm syrup, fruit cocktail, orange juice, milk and toast with peanut butter.  
Lunch-Ike Burger, homemade bun, sweet potato french fries, dill spear, pears and milk.  
Friday, Jan. 25  
Breakfast-Canadian bacon/cheese biscuit, apple juice, milk and toast with peanut butter.

Lunch-Baked chicken, whipped potatoes, gravy, black-eyed peas, strawberry fruit cup, cookie and milk.

### Northern Valley

Monday, Jan. 21  
No School  
Tuesday, Jan. 22  
Breakfast-Donuts, scrambled eggs, grape juice and assorted cold cereal.  
Lunch-Hamburger on a bun, french fries, pork-n-beans and diced pears.  
Wednesday, Jan. 23  
Breakfast-Breakfast burrito, hash browns, peaches and assorted cold cereal.  
Lunch-Beef Stroganoff, french bread, buttered broccoli and apricots.  
Thursday, Jan. 24  
Breakfast-Granola bar, juice, eggs, hash browns, links and assorted cold cereal.  
Lunch-Chicken enchilada, tossed salad w/dressing, buttered peas and rosey applesauce.  
Friday, Jan. 25  
Breakfast-Sausage gravy, biscuits, eggs, oranges and assorted cold cereal.  
Lunch-Shepard's Pie, whole wheat roll, fruity Jell-o and Snickerdoodle Cookie.

# Try to maintain your weight

The holiday season is over, but it is still not too late to try and maintain your weight without gaining. Trying to maintain and not gain weight is a challenge with all the temptations around. Why not make your goal for the week to be to revise some of your recipes to be healthier and still taste great! Whether you are preparing the food or not, be sure to use portion control at your meals. Check the tips below first for revising recipes and continue on through the new year.

Many typical holiday meals have approximately 3000 calories, which is much more than most people should eat in a day. How can the calories be cut? Some good choices are:  
· White turkey breast meat without skin is low in fat and calories. Skim the fat off pan drippings before making gravy. Instead of pre-packaged gravy mixes, use skim milk and low-sodium broth.  
· Keep portion sizes of mashed potatoes or sweet potatoes to 1/2 cup and if possible, just choose one of the two. Use fat-free evaporated milk to make mashed potatoes creamier.  
· Sauté vegetables by spraying with olive oil and leave out the butter.  
· Make your own cranberry sauce with fresh cranberries and add only a little sugar or sweetener.  
· Use MyPlate as a guide, with fruits and vegetables filling half the plate, and not overloading.  
· Choose a small piece of pumpkin pie made with fat-free evaporated milk. Using 2 tablespoons

of light whipped cream adds only 15 calories.  
· Have a vegetable tray with low-fat dip for an appetizer.  
Using these tips to revise recipes for any day can help you reach your goal:  
· Use cooking methods such as bake, boil, broil, grill, poach, roast, stir-fry or microwave.  
· Use skim milk, reduced fat or fat-free sour cream, cream cheese and evaporated milk.  
· Use 1/4 the amount of hard cheese; try using a sharper variety which can give a similar taste.  
· Try cutting the liquid oil or solid fat in a recipe by 1/4. Try using applesauce or prune puree for half the fat in baking items and reduce the baking time by 25 percent.  
· Use 2 egg whites or egg substitute instead of a whole egg.  
· Use the low-fat or reduced-fat mayonnaise or salad dressing.  
· Reduce the sugar by 1/4 to 1/3 in baked goods and desserts. Cinnamon, vanilla and almond extract can be added to give the impression of sweetness.  
· Use an artificial sweetener if you like the taste.  
If your have questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twwatts@ksu.edu.

# Stay alert for missing children

Kansas Attorney General Derek Schmidt reminds Kansans to stay alert when the public's assistance is needed to help locate missing children. Schmidt's reminder comes as National Amber Alert Awareness Day was observed on January 13.  
"Kansans should always be mindful when an alert is issued," Schmidt said. "In 2012, the two Amber Alerts issued in Kansas led to children being safely located. Public tips played a role in both of these successful recoveries. The watchful eyes of Kansas citizens can help save a child's life."  
When an alert is issued, the media are notified to begin broadcasting the details of the missing child and suspect. Kansans can also receive Amber Alerts on Facebook by liking the Kansas Amber Alert page at www.facebook.com/AmberAlertKS.  
The Amber Alert program, named for 9-year-old Amber Hagerman, is a voluntary partnership between law enforcement agencies, broadcasters, and transportation agencies to activate an urgent

bulletin in the most serious child-abduction cases. Broadcasters use the Emergency Alert System (EAS) to air a description of the abducted child and suspected abductor. The goal of an Amber Alert is to instantly galvanize the entire community to assist in the search for and safe recovery of the child.  
Since its inception in 1996, this program has successfully brought 602 children home safely. In Kansas, 23 children have been safely returned since 2002.  
In addition to the Amber Alert program, the National Center for Missing and Exploited Children maintains a list of all missing children from Kansas. That database can be accessed at www.missingkids.com. Anyone with information about the whereabouts of any of these missing persons should contact a law enforcement agency or call 1-800-KS-CRIME.  
For more information, visit www.ag.ks.gov/amber-alert.

## CORRECTION

Due to reporter's error on the front page of the 1-15-13 issue of the Telegram it stated that deceased Jeremy Courtain had left behind a brother, when it should have said that he left behind several siblings.

The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors. We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.

## SCHOOL CALENDAR

**NCHS**  
Monday, Jan. 21  
No School for Students: USD  
21 Inservive  
Honor Band and Choir at UNK  
PDC at Unified Office, 4 p.m.  
Tuesday, Jan. 22  
Jay Singers, 7:30 a.m.  
Prom Committee Meeting: ORDERS DUE, A.P.  
Scholars Bowl at Phillipsburg  
Wednesday, Jan. 23  
K.A.Y. Board Meeting, 7:45 a.m.  
Lincoln Tech Presentation, 8:30 a.m.  
S.A.C., A.P.  
Site Council  
Thursday-Saturday, Jan. 24-26  
FFA AG Ed. Symposium  
Thursday, Jan. 24  
Jay Singers, 7:30 a.m.  
S.I.T. Meeting, 7:45 a.m.  
FCCLA, A.P.  
Student Focus Group, A.P.  
Friday, Jan. 25  
ABP Reward Day  
C/JV/V basketball at Colby, 4:45 p.m.  
Saturday, Jan. 26  
John Phillips Sousa Honor Band at Lawrence, 7:30 a.m.  
Forensics at Hill City, 7:30 a.m.  
Little Girl Dance Camp, 10 a.m.  
Scholar's Bowl at Thunder Ridge, 9:30 a.m.  
Western Kansas T.O.C. varsity wrestling at Oberlin, 10 a.m.  
Wrestling at Arapahoe Invitational, 10 a.m.  
Sunday, Jan. 27  
Winter Band Concert at East Campus Auditorium, 2 p.m.

Tuesday, Jan. 22  
KAYS, 8:30 a.m.  
Stuco Dance: JH Gym, 7 p.m.  
Thursday, Jan. 24  
NJHS Spelling Bee: JH gym, 8:30 a.m.  
**EES**  
Monday, Jan. 21  
Site Council, 5:30 p.m.  
Wednesday, Jan. 23  
Spelling Bee, 2 p.m.  
TEAM Meeting, 3:40 p.m.  
Thursday, Jan. 24  
5th and 6th Grade Level Meeting, 4:40 p.m.  
**NVHS**  
Monday, Jan. 21  
No School-Teacher Inservice  
Tuesday, Jan. 22  
HS BB vs. Stockton in Almena, 4 p.m.  
Fan Appreciation Night and

Post Prom Soup Supper  
Wednesday, Jan. 23  
JH Scholars Bowl at Rexford, 1 p.m.  
Sophomore Class Reality Check at Phillipsburg, 9:30 a.m.  
Thursday, Jan. 24  
JH BB vs. Triplains/Brewster at Brewster, 4 p.m.  
KAAE Ag-Ed Symposium at Dodge City (Jan. 24-26)  
4th grade sleepover in their classroom, 3:45 p.m.  
Friday, Jan. 25  
HS BB vs. Golden Plains at Rexford, 4:30 p.m.  
Saturday, Jan. 26  
HS Scholars Bowl at Thunder Ridge in Kensington, 9:30 a.m.  
Forensics Meet at Hill City, 7:30 a.m.

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