

Where we get empty calories

Which foods give people in the U.S. the majority of their empty calories? Here are the specifics:

Adults in the U.S. get almost 15 percent of their calories (about 320) from added sugars, while children and teens ages 2 to 18 years get 18 percent (365 calories).

Children and teens ages 2 to 18 years old in the U.S. get nearly 40 percent of their calories (798/day) from empty calories, which are the calories from solid fats and/or added sugars. This is at least twice the amount recommended by the U.S. Dietary Guidelines for Americans 2010. Solid fats provide more empty calories per day (433 calories/day) than added sugars do (365 calories/day). However, the top single category of empty calories is sugar-sweetened beverages (which average 173 calories/day).

The top food categories (in rank order) of children and teens' calories (which average 2,027/day) are:

* all other food categories not listed below (1,207 calories/day)

* sugar-sweetened beverages (sodas, fruit drinks, energy drinks, sports drinks, and sweetened bottled water including vitamin water) (173 calories/day)

* milk (whole and those lower in fat) (146 calories/day)

Homeed Tranda Watts, Extension specialist



* grain desserts (cakes, cookies, donuts, pies, crisps, cobblers, and granola bars) (138 calories/day)

* pizza (136 calories/day)

* yeast breads (114 calories/day)

* chicken and chicken mixed dishes (113 calories/day)

The top food categories (in rank order) that provide solid fats and added sugars (which together are known as "empty calories" for children and teens average 798 calories/day and are:

* all other food categories not listed below (60 percent of empty calories)

* sugar-sweetened beverages (sodas, fruit drinks, energy drinks, sports drinks, and sweetened bottled water including vitamin water) (22 percent of empty calories)

* full-fat and/or sweetened dairy foods and dairy desserts; grain desserts; and pizza (18 percent of empty calories)

The specific top food categories that provide solid fats

(which average 433 calories/day from solid fat) for children and teens are:

* pizza (50 calories/day)

* grain desserts (43 calories/day)

* whole milk (35 calories/day)

* regular cheese (34 calories/day)

* fatty meats (29 calories/day)

The specific top food categories that provide added sugars (which average 365 calories/day from added sugars) for children and teens are:

* sodas, energy drinks, sports drinks, and sweetened bottled water including vitamin water (116 calories/day)

* fruit drinks (55 calories/day)

* grain desserts (40 calories/day)

* dairy desserts (29 calories/day)

* candy (25 calories/day)

* cold cereals (for young children and for children and teens from low income families, cold cereals provide more added sugar to the diet than candy does).

If you 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 twatts@ksu.edu.

The gift of music

Retired Norton Community High School band director David Will helps Gavin Gomez, an eighth grader from Oberlin, at the Oberlin Music Festival that was held on Tuesday. Mr. Will who was recently inducted into the Kansas Music Educators Hall of Fame, attended as a judge but also took time to instruct students on techniques to better themselves as a musician.



-Telegram photo by Cynthia Haynes

Service announces youth art contest

Elementary, middle and high school teachers are encouraged to have their students participate in the annual Endangered Species Day Youth Art Contest, an integral part of the eighth annual national Endangered Species Day, celebrated on May 17, 2013.

The U.S. Fish and Wildlife Service and numerous conservation organizations will observe Endangered Species Day to recognize conservation efforts underway across the nation aimed at helping America's imperiled species. This year also commemorates the 40th Anniversary of the Endangered Species Act.

This year, the Endangered Species Day Youth Art Contest finalists will be judged by a prestigious panel of artists, photographers and conservationists, including Wyland, renowned marine life artist; Jack Hanna, host of Jack Hanna's Into the Wild; David Littschwager, a freelance photographer and regular contributor to Na-

tional Geographic Magazine; Susan Middletown, a photographer who has collaborated with Littschwager and whose own work has been published in four books; and Alice Tangerini, botanical illustrator for the Smithsonian Institution.

The International Child Art Foundation (ICAF) will select the 40 semifinalists from thousands of entries. It takes empathy, direct action and awareness to prevent the extinction of endangered species. Art can certainly play an important role. The Youth Art Contest is an ideal platform to engage the next generation.

Winners will be chosen in four categories: K-Grade 2, Grades 3-5, Grades 6-8 and Grades 9-12, and will receive plaques and art supply gift packs. In addition, one grand prize winner will be honored with their name engraved on a special trophy and receive a round-trip flight

to Washington, D.C. with one guardian to attend a reception in May. The grand prize winner will also receive art supplies and a special art lesson (via Skype) from Wyland, the artist.

The Youth Art Contest is organized by the U.S. Fish and Wildlife Service, the Endangered Species Coalition, the Association of Zoos and Aquariums and the International Child Art Foundation. For more information, including judging criteria and an entry form, visit www.endangeredspeciesday.org/.



Northern Valley Forensics competes in Ellis

Fog, fog, and more fog is what we encountered the morning of Saturday, March 2, heading to Ellis. The students were early risers on this day, as we left at 5:30 a.m. Though the visibility was near zero, there were no vehicle or deer incidents.

Each week that we venture to a different forensics meet, the competitors get tougher and tougher. When we get to this stage of the season, it is normally the "little" things that separate the top four places in each event. The dialogue and memorization can be perfect, but if there is not enough distinction between character voices, or the tone of voice does not adequately resemble the mood, then your score is lower.

The Long Island cooks sent with us cinnamon rolls this week. I think that gravity is starting to get a little stronger under my house and bathroom scale too. Coincidence?

Those students waking up at that early time were: Makayla Smith, Shilo Cline, Camden Cox, Ame Baird, Eli Lowry, Sarah Baird, Alex Therman, and Lance Armbrister. After the three preliminary rounds, Alex advanced to the final round in Original Oration and placed second. Everyone had great performances. Our next meet will be March 21 in Smith Center. Until then, stick to the script.

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu

Monday, March 11-Friday, March 15

cheese sticks, carrots, celery sticks and cinnamon bun.

Tuesday, March 12
Breakfast-Ham-n-cheese biscuit, eggs, strawberries or assorted cold cereal.

Lunch-Ham patty on a bun, mashed potatoes, fresh vegetables and pineapple chunks.

Wednesday, March 13
Breakfast-Blueberry muffin, sausage, eggs, oranges or assorted cold cereal.

Lunch-Sierra Chicken, tossed salad w/dressing, buttered car-

rots and Mandarin oranges.

Thursday, March 14
Breakfast-Oatmeal w/toppings, toast, ham, hash browns or assorted cold cereal.

Lunch-Chili dog on a bun, potatoes, buttered corn and frosted pear.

Friday, March 15
Breakfast-Cook's choice or assorted cold cereal.

Lunch-Fish fillet, mashed potatoes, french bread, California blend vegetables and peach crisp.

SCHOOL CALENDAR

NCHS

Monday, March 11-Friday, March 15

No School-Spring Break

Friday-Saturday, March 15-16

FFA Leadership Lab at Junction City

NIHS

Monday, March 11-Friday, March 15

No School-Spring Break

Friday-Saturday, March 15-16

7th and 8th grade State Reading Assessments

Bus drivers meeting in Long Island, 7 p.m.

School Board meeting in the conference room in Alma, 8 p.m.

Tuesday, March 12

7th and 8th grade State Reading Assessments

5th grade State Math Assessments

HS Track meeting and equipment check out, 3:45 p.m.

Wednesday, March 13

Students leave for East Coast trip

essments

HS Pi Day Celebration in the HS Auditorium, 3:15 p.m.

FFA Officer interviews in

the Ag Shop, 7 p.m.

Friday, March 15

Red Cross Blood Drive in the conference room in

Almena, 9 a.m.-3 p.m.

Furniture, Glassware, Kitchen Items, Collections Auction

Lanny and Sara Davis, Reva and Ruth Benien and Others

Saturday, March 16, 2013

STARTING TIME: 10:00 A.M.

4-H Building, Park Street, Norton, Kansas 67654

VISIT OUR WEBSITES FOR FULL SALE BILL: www.krvn.com - select auctions, choose March 16 or www.nex-tech.com - select free classified auctions or www.nwkansasonline.com - search for McEwen Auction or www.auctionzip.com - enter 67654

NOTE FROM DUANE: My crew and I are looking forward to this sale on March 16, 2013. We will be back in the 4-H Building for this one and this sale is shaping up to be one where the items are clean and usable. Sales with more than two consignors always seem to grow as these good folks decide they really don't have room for items. Lanny and Sara are moving from their big house to an apartment so they continue to sort and box. Reva and Ruth Benien are downsizing as well. The selection of dishes is especially good. Come, spend the day with us!

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