

# School lunch stampede

“What’s for lunch?” Freshman year was my first experience with school meals. For thirty-five cents a day we had the luxury of a hot meal and our delighted mothers had us out from under foot all day. After years of packing brown bag lunches for us, who could blame them? We’d eaten in a grade school gym on bleachers, so it was quite a novelty to have a lunch room with hot meals. We didn’t mind that it was in a basement, windowless with a low ceiling. We didn’t mind old hand-me-down benches from the athletic department and beat up tables from the chem lab. We didn’t even mind standing in line. Much.

No running was allowed in hallowed high school halls but when that lunch bell rang, there was a classroom exodus of mighty swift walking. Long-legged senior boys could really burn up the carpet! If you were in a class at the west end of the building (band, chemistry or speech), you invariably ate last since the lunch room was at the east end of our long, narrow school. Locker doors banged as we dumped our books in the dash to “hit the line”. Cutting in, saving space, pushing and shoving were absolutely forbidden. Mr. Taylor kept an eagle eye on lunch line and you didn’t tangle with him more than once. Many a kid was grasped firmly by an arm, an ear, or a collar and escorted to the end of the line.

Our small, rural school qualified for government commodity shipments. Menus were made up by our cooks, three ladies in hairnets and cover all aprons,

## The Rock ‘n Roll Kid Liza Deines



who figured out how to use whatever the “gub’mint” sent out. Favorites were large horns of Wisconsin cheese which they utilized to make great macaroni’n cheese. Other supplies included powdered milk and eggs, dehydrated potato flakes, and five-gallon cans of frozen cherries from Michigan. The only thing we Kansas kids didn’t like was stringy, canned Argentina beef. Chopped up with homemade noodles it was edible on mashed potatoes, but it sure wasn’t like the beef we had at home. Puddings and custards used up the powdered eggs and milk, and we never knew the difference.

Two of our cooks had German backgrounds and we were treated to old family recipes using up all those cherries in kolaches or kuchen. None of us ever complained on those days! And, oh boy, did we love their fresh-baked German bierocks. Actually the only time anyone complained was on the rare occasions when we were served liver gravy on biscuits. Everyone loved chili and cinnamon roll day, of course..

Meatless meals appeared every Friday because there was a large Catholic population in Trego County. It never occurred to us to gripe about that discrimination, nor did we grumble

when only boys out for sports could buy an extra box of milk for a nickel. Those nickels were dropped in an open dish beside the milk tray and it never came up short. We weren’t raised to cheat, complain or whine in western Kansas.

Previous day leftovers were set out at the end of the lunch line and we were welcome to take all we wanted. They went fast, particularly extra desserts. In the early weeks before frost we often received fresh garden produce contributed by parents. In late fall our cooks made lots of pumpkin pies from contributed pumpkins and squash. Occasionally a local grocer would show up with a bushel or two of apples. School lunch was a community project in our little town. Nothing ever went to waste.

Lunch break was a full hour although we weren’t allowed to leave the building without a special permission slip. Everyone gathered in the gym where we could dance to records, shoot baskets or tumble on quilted mats. I’m sure some kids “snuck” out but very few of us had cars in the 1950’s so it wasn’t much of a problem. Not to mention Mr. Taylor also kept his eye on our very small parking lot.

We went back to class well fed, exercised and refreshed but for some reason the lines back from lunch never moved quite as speedily as the stampede going in!

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# Thanks-A-Lot



This past weekend was your last chance to buy Girl Scout cookies. Kelli Shearer made sure that he didn’t miss out and bought two boxes of his favorites. Kennedy Yeager and Erin Davis spent their morning at First Stop representing Troop 10086.

– Telegram photo by Dana Paxton

# STUDENT NEWS

## February Northern Valley Elementary School Leadership Award Winners

Kindergarten – Landry Gebhard

Landry always comes to school with a smile and a positive attitude and willing to help others. Landry does a great job of listening to her teacher and following directions. Landry does her best thinking at school and this is helping her improve her reading and math skills. Landry is always reminding other Kindergartners to be on their best behavior in the classroom and in the hallways between classes. –Michael Thompson

1st Grade – Mary Baird

Mary Baird was chosen to receive the first grade leadership award. Mary always has her homework completed on time and does her best to complete it. She is honest when asked about issues and is well disciplined. Mary always has a smile on her face and encourages others to try their hardest. She is respectful to her classmates, friends and adults. Mary is a good first grade role model. –Tammy Vin-

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2nd Grade – Toree Slavik

Toree Slavik is the second grade leadership award winner for the month of February. Toree inspires her classmates by modeling good behavior on a daily basis. She is cooperative and helpful to peers and adults. Toree demonstrates integrity and honesty as she makes positive choices. She always arrives ready to learn which makes her a valuable asset to our school family. –Julie Thompson

3rd Grade – Coy Kinderknecht

Coy Kinderknecht is an awesome 3rd grade leader. He is a great listener and always follows directions. He is on task and is always prepared for class. Coy is a quiet worker and never bothers those around him. Coy models to others how to try hard and never give up. He never has late work and always has his planner signed. Coy is a great role model and leader. –Jill Gebhard

4th Grade – Ashton Hall

Ashton Hall is the February fourth grade student of the

month. Ashton has been a great leader and role model for his class. He has been very inspiring for all those around him. In the face of tragedy he has not wavered from any of the five traits of a good leader. He is very disciplined and listens to and follows directions when given. He has great integrity and always does what is right. Ashton is a very honest young man and shows intelligence both in and out of the classroom. –Monica Wilson

Leadership award winners receive a certificate and a coupon from the Norton Dairy Queen for a free Mini-Blizzard.



# Settlement tax relief available

With the April 15 tax deadline approaching, Kansas Attorney General Derek Schmidt recently reminded Kansans that relief received under the national mortgage settlement is exempt from federal income taxes. Schmidt joined with 42 other state attorneys general in urging Congress to extend this exemption late last year.

“As Kansans are preparing and filing their income taxes, it is important to remember that this

tax exemption is available,” Schmidt said. “Families who have received assistance through the mortgage settlement are not being stuck with a tax bill for the relief they received.”

According to the latest report from the National Mortgage Settlement Monitor, 1,445 Kansas homeowners received a total of \$52.9 million in mortgage assistance in 2012.

# Eating healthier meals as we get older

Have you ever had the thought that the food you are eating just doesn’t taste the same anymore, or do you feel like you’re just not that hungry?

If so, you are one of many. These are common reasons some older people don’t eat healthy meals. Eating healthy foods and meals is a smart thing to do - no matter how old you are! Here are some tips to help you get started eating a better diet:

- Eat many different colors and types of vegetables and fruits.
- Make sure at least half of your grains are whole grains.
- Eat only small amounts of solid fats and foods with added sugars. Limit saturated fat (found mostly in foods that come from animals) and trans fats (found in foods like store-bought baked goods and some margarine).
- Increase seafood consumption (twice a week suggested).

Here’s a tip: Stay away from “empty calories”. These are foods and drinks with a lot of calories but not many nutrients - for example, chips, cookies, soda, and alcohol.

If you are having problems with food, we do know that as you grow older, your sense of taste and smell may change, and foods may seem to lose flavor. Also, medicines may change how food tastes as well as make

## Home ed Tranda Watts, Extension specialist



you feel less hungry. Talk to your doctor about whether there is a different medicine you could use. Trying extra spices or herbs on your foods to add flavor is also a possibility.

Maybe some of the foods you used to eat no longer agree with you. For example, some people become lactose intolerant. They have symptoms like stomach pain, gas, or diarrhea after eating or drinking something with milk in it, like ice cream. Most can eat small amounts of such food or can try yogurt, buttermilk, or hard cheese. Lactose-free foods are available now also. Your doctor can test to see if you are lactose intolerant.

Is it harder to chew your food? Maybe your dentures need to fit better, or your gums are sore. If so, a dentist can help you. Until then, you might want to eat softer foods that are easier to chew.

With age, you may lose some of your sense of thirst. Drink plenty of liquids like water, juice, milk, and soup. Don’t

wait until you feel thirst. Try to add liquids throughout the day. You could try soup for a snack or drink a glass of water before exercising or working in the yard. Don’t forget to take sips of water, milk, or juice during a meal.

Fiber is found in foods from plants - fruits, vegetables, beans nuts, seeds, and whole grains. Eating more fiber might prevent stomach or intestine problems, like constipation. It might also help lower cholesterol, as well as blood sugar.

It’s better to get fiber from food than dietary supplements. Start adding fiber slowly. That will help avoid unwanted gas. Here are some tips for adding fiber:

- Eat cooked dry beans, peas, and lentils often.
- Leave skins on fruits and vegetables if possible.
- Choose whole fruit over fruit juice.
- Eat whole-grain breads and cereals.

If you have questions about healthier eating as you age, please feel free to contact your local K-State Research and Extension Office. You may also contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at [twatts@kus.edu](mailto:twatts@kus.edu).

# There when you need *more.*



When it comes to medical transport services, Good Samaritan Hospital’s AirCare sets the standard. No other service in the region can fly farther or faster. And no other service uses flight nurses who also work in a hospital that boasts a Level II trauma center and accredited heart care center, getting the experience they need to keep their skills sharp.

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Good Samaritan Hospital  
Kearney, Nebraska [www.gshs.org](http://www.gshs.org)

# PUBLIC RECORD

## District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse.

Traffic and Wildlife and Parks cases are given to the paper when the fines are paid.

### March 7

Feb. 4-Charles John Kitzke, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine:

\$10.

Feb. 3-Chad B. Palmer, Manhattan; Charge: Speeding 76 in 65; Found: Guilty; Fine: \$149.

Feb. 3-Ronald Shane Rudy, Kensington; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

March 6-Deanna L. Sumner, Norcatur; Charge: Driving on right side of roadway required; Found: Guilty; Fine \$173.

Feb. 28-Wade M. Younkin,

Norton; Charge: Speeding 82 in 65; Found: Guilty; Fine: \$185.

Call Mike with all your social news.

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