

Fabulous fish favorites

During the season of Lent many grocery chains run excellent specials on seafood and fish. Now is the time to stock your freezer and your pantry with those good buys. Everyone could profit by eating fish at least once a week. There are unique nutrients in our finny friends that are not found in any other food. Omega-3 fatty acids are essential to the development and maintenance of a healthy brain and nervous system. Good cholesterol found in fatty fish, such as salmon and shrimp, can help regulate blood pressure and prevent arrhythmia and other heart irregularities.

Don't forget canned salmon, sardines, crab, tuna and shrimp are good choices for fish dishes. Packaged "krab" made from white fish or albacore tuna are thrifty alternatives to lump crab in the following recipe. Toss very gently to prevent fragile crab pieces from disintegrating.

THAI CRAB AND NOODLE SALAD

One cup lump crab meat or "krab" chunks

One 8-oz package soba noodles

Half cup thinly sliced red pepper

Half cup broken cashew nuts

Three tablespoons sesame oil

One clove minced garlic

Two tablespoons soy sauce

Three tablespoons red wine vinegar

One cup diagonally cut green onions

One stalk Chinese cabbage chunks

Cook noodles and rinse in cold running water. Drain well. Stir-fry red pepper and cashews in one tablespoon sesame oil three minutes, add garlic, cook another thirty seconds. Whisk with remaining sesame oil, soy sauce and vinegar into a dressing. Toss all ingredients together in a large salad bowl to distribute dressing, chill. If you like spicier food, add a sprinkle of red pepper flakes or a teaspoon

Cook's Corner

Liza Deines



of shredded ginger to the dressing.

If you have a fisherman in your family, consider yourself fortunate. Kansas reservoirs are relatively pollution free whereas some commercially packaged fish comes from questionable areas. Check labels and avoid frozen fish fillets packaged in China, Korea, and other far eastern countries.

Love Trout Amandine in an expensive restaurant? Here's a way to make it at home, just as tasty, from fresh caught lake fish. The secret here is real butter and adding crispy almonds last, after the in butter sauce is on. Have rice cooked and ready.

BROILED FISH AMANDINE

(any white fish may be used in this recipe)

Two pounds fish fillets

Quarter cup Bisquick

Two teaspoons paprika

Two teaspoons salt

Two tablespoons vegetable oil

Rinse fish, pat dry with paper towels. Mix Bisquick, paprika and salt and coat each fillet. Oil a shallow baking pan and arrange fish in one layer on bottom.

Sauce: Melt together three tablespoons real butter, three tablespoons fresh lemon juice and a 5 or 6 drops hot sauce. Brush over each fillet. Broil fish 4 four or five inches from broiler. Watch closely, basting with remaining sauce until a crust forms, fish are opaque and flake easily when touched with a fork. Do not overcook and do not turn while broiling.

Amandine: Melt two tablespoons real butter in a small skillet and add one tablespoon

slivered almonds for each fillet. Toss together over low heat until toasty brown. Lift from butter with slotted spoon and drain on paper towel to crisp. Pour reserved hot butter over each fillet served on rice. Top each with toasted almonds.

CRAB GRASS IN THE GARDEN

One can crab bits'n pieces or shreds

One 10-ounce package spinach

Half a medium onion, slivered thin

One tablespoon butter

Half cup Parmesan cheese shavings

Thaw spinach, squeeze dry. Sauté onion slivers in butter until soft, add dry spinach and stir until heated through. Gently add crab and cheese and spread mixture in a pie plate, bake fifteen minutes at 350 degrees. Serve hot with crackers and the following:

SUPER SIMPLE SHRIMP GUMBO

Two cups sliced okra

One cup chopped, peeled tomatoes

One onion, chopped

One cup chopped green and red peppers

One clove minced garlic

One teaspoon EACH salt, ground pepper, file seasoning

One cup small, prepared shrimp

Saute okra, onion and green pepper in butter (or bacon drippings) until just tender, add tomatoes and seasonings, simmer thirty minutes. Add shrimp last, heat through.

MY MAMA SAID: M. Lunch in a jiffy! Mash sardines with mustard and a wee bit of shredded onion, spread on dark rye bread.

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'Walking on sunshine'



Keely Millan of Norton enjoys a warm sunny afternoon of play time at Elmwood Park on Wednesday. Several children as well as adults found it nice to be outside soaking up the sun.

—Telegram photo by Dana Paxton

SCHOOL CALENDAR

NCHS
Monday, March 18
M.A.P., A.P.
NHS meeting, A.P.
Combined Site Council meeting at EES Band room, 5:30 p.m.
FFA Officer interviews, 7 p.m.
Tuesday, March 19
Jay Singers, 7:30 a.m.
M.A.P., A.P.
Cheer Parent meeting, 6 p.m.
FFA monthly meeting, 7 p.m.
Tuesday, March 19-Monday, March 25
Cheer try-out practice: Stull

Gym, 7 a.m.
Wednesday, March 20
FCCLA Board, 7:45 a.m.
National Honor Society Induction (A.P. at end of the day), 3 p.m.
NIHS
Monday, March 18
Assembly: Cheer and Winter Sports/Activities Awards, 8:30 a.m.
Combined Site Council meeting: EES Band room, 5:30 p.m.
Tuesday, March 19
HS Cheer Parent meeting, 6 p.m.
Tuesday, March 19-Monday,

March 25
HS Cheer try-out practice: Stull Gym, 7 a.m.
Thursday, March 21
JH Dance sponsored by the JH Cheerleaders: JH Gym, 7 p.m.
EES
Monday, March 18
Combined Site Council meeting: EES Band room, 5:30 p.m.
Wednesday, March 20
TEAM, 3:40 p.m.
Northern Valley
Monday, March 18-Friday, March 22
No School-Spring Break

SCHOOL MENU

Norton Jr.-Sr. High Schools Menu

Monday, March 18

Breakfast-Pizza squares, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Breaded chicken sandwich, lettuce and sliced tomato, green peppers, corn, cinnamon applesauce or chef salad and milk.

Tuesday, March 19

Breakfast-French toast sticks, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Beef burrito, lettuce and chopped tomato, peaches or chef salad and milk.

Wednesday, March 20

Breakfast-Breakfast pocket, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Chicken and noodles, whipped potatoes, broccoli and carrots, cottage cheese, pears or chef salad and milk.

Thursday, March 21

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.

Friday, March 22

Breakfast-Breakfast casserole, fruit or juice, or choice of assorted cereal, toast w/margarine and jelly, and milk.

Lunch-Salisbury steak, whipped potatoes, carrots, rolls or chef salad and milk.

EES Menu

Monday, March 18

Breakfast-Scrambled eggs w/ham, pears, grape juice, milk and toast with peanut butter.

Lunch-Chicken fry, whipped potatoes, gravy, broccoli salad, mixed veggies, fruit cocktail and milk.

Tuesday, March 19

Breakfast-Breakfast pizza, apricots, orange juice, milk and toast with peanut butter.

Lunch-Western bean bake, cheese stick, corn, pears, cornbread and milk.

Wednesday, March 20

Breakfast-Warm cereal w/toppers, grape juice, milk and toast with peanut butter.

Lunch-Pigs in a blanket, sweet potato french fries, dill spear, baby carrots, rosy applesauce and milk.

Thursday, March 21

Breakfast-Chilled yogurt, bagel w/cream cheese, apple juice, milk and toast with peanut butter.

Lunch-Hamburger gravy, whipped potatoes, warm peas, peaches, peanut butter twist and milk.

Friday, March 22

Breakfast-Fruit crisps, grape juice, milk and toast with peanut butter.

Lunch-Tunatini, tossed salad, banana spears, garlic bread and milk.

Northern Valley Menu

Monday, March 18 - Friday, March 22

No school-Spring Break

COLLEGE NOTES

Kendall Fiscus of Norton, was named to the Fall 2012 College of Liberal Arts & Sciences Dean's list at Emporia State University. To qualify for the list, students must earn a semester grade point average that puts

them in the top 10 percent of all students enrolled in full-time undergraduate study within the college and have a cumulative 3.5 GPA for all Emporia State courses.



FYI

An orientation session for parents of eighth graders (freshmen next year) will be held in the Music Room of the Jr.-Sr. High School on Thursday, March 21, at 7 p.m. Counselor Shane Miller will host the meeting which will

cover such items as the Kansas Board of Regents Qualified Admissions requirements, Norton Community High School graduation requirements, the enrollment process, MTSS, school policies and expectations.

Eisenhower Elementary School, in conjunction with Kid Link, will be conducting a free Early Childhood Screen on Friday, March 22. If you have a concern in any of the following developmental areas; vision, hearing, speech, motor, behavior and/or reasoning, please call 877-5113, by March 21, and ask for Joan Hale to set an appointment.

The Annual Chamber Banquet will be held on March 26 in the Ballroom at the American Legion, featuring best selling author, singer and member of the Speakers Hall of Fame, LaDonna Gatlin. Social hour at 6 p.m. with dinner to follow at 7 p.m. Ticket prices are \$25 and

you must RSVP by Tuesday, March 19. Call 785-877-2501 for more information.

Call Mike with all your social news.
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ANNUAL McMullen & Wyatt Auctions Farm Consignment Auction

McMullen & Wyatt Auctions is now taking consignments for our Annual Spring Auction. Any farm related items, livestock equipment, tools, machinery, tractors, or trucks accepted for the April 20 auction. To consign or for more information, please contact Donald or Robert

785-877-3299 OFFICE
785-877-2731 ROBERT
785-877-2028 DONALD

FHSU Kansas Small Business Development Center in partnership with Norton City/County Economic Development is offering the following FREE workshops:

Marketing Workshop

Thursday, March 28, 3:00-4:00 p.m.

The workshop will cover marketing basics that can help your company grow. Marketing is more than just advertising. Discover how these 'best practices' can generate more lead, repeat business and higher sales numbers!

Social Media Marketing

Thursday, March 28, 4:00-5:00 p.m.

Learn about the three largest social media networks and how to utilize them in your business. This class is about the ins and outs of inbound marketing giants: Facebook, Twitter, LinkedIn. Attend to see how your company can generate MORE leads while spending less money!

All classes will be held at the Colby Community College Norton Campus, at 711 N. Norton, Norton, KS. Pre-registration is required! Register online at: <http://ksbdc.ccenterdirect.com/Conferences.action>. In the 'Center' box select FHSU KSBDC Bird City Outreach Center, then click on Search, Sign Up and enter your registration information. For questions or additional information about these classes contact: Megan Horinek (785) 734-2592 mlhorinek3@fhsu.edu