

# It's not too late to vaccinate

With flu activity increasing and family and friends gathering for the holidays, the Kansas Department of Health and Environment (KDHE) urges all Kansans to receive an annual flu vaccination to protect themselves and their loved ones.

National Influenza Vaccination Week, Dec. 8-14, serves as a reminder that all of us have a responsibility to prevent the spread of influenza, or "the flu." In the U.S., flu activity usually begins in October. Kansas has identified two different types of influenza viruses currently circulating, and, based on data from the Outpatient Influenza-like Illness Surveillance Network (ILINet), flu activity is currently low within the state. However, flu activity usually increases at this time of year, peaks in January or February, and can last as late as May.

On average, five to 20 percent of the U.S. population contracts the flu yearly, and more than 200,000 people are hospitalized with flu complications. During

the peak of the 2012-2013 influenza season in Kansas, approximately six percent of all health care visits in ILINet clinics were due to influenza-like illness. Influenza or pneumonia contributed to or was the direct cause of 1,444 deaths among Kansas residents during the 2012-2013 influenza season. Influenza and pneumonia was the eighth leading cause of death in 2012 in Kansas.

"Flu season is here and before it becomes widespread, take the opportunity to get your vaccine now," said Robert Moser, M.D., KDHE Secretary and State Health Officer. "Getting a flu vaccination is also a great way to protect those who are at high risk."

In addition to getting vaccinated, avoid spreading the flu virus by covering coughs and sneezes, washing your hands, and staying home when you are sick.

Nearly all persons six months and older are recommended to receive a flu vaccine every year.

Vaccination is especially important for protecting those at high risk for serious flu complications, including young children, pregnant women, adults 65 years and older, and anyone with chronic health conditions like asthma, heart disease, and diabetes. Those caring for, or in regular contact with, an infant less than six months of age should also be immunized. At this age, babies are too young to be vaccinated and are more vulnerable to complications from influenza.

Symptoms of the flu include: fever, headache, extreme tiredness, dry cough and muscle aches. Complications can include pneumonia, ear and sinus infections and dehydration; the flu might also worsen other chronic conditions.

It's not too late to vaccinate. To get your flu vaccine, please contact your health care provider or the local health department. Visit [www.kdheks.gov/flu](http://www.kdheks.gov/flu) for more flu facts.

# Northwest Bike Bash!



The Northwest Bike Bash held a fundraiser for the Denver Children's Hospital last Friday. Steaming hot chili was served and toys were collected. "My faith in humanity has been restored," said Joe Sweet of the Bike Bash. A Chevrolet Tahoe full of toys will be delivered this week to the hospital. The group also raised \$1,486 in donations that will also go towards the cause. Last summer the group held the first annual Northwest Kansas Bike Bash with funds going to the Legion Riders, the Norton Ministerial Alliance and the Children's Hospital. This is a group dedicated to helping others. Tina Sweet is seen here checking out the donated toys that will be given to children in the hospital over the holidays.

— Telegram photo by Dana Paxton

# Helpful and healthy holiday party tips

As the holidays approach, keeping a commitment to healthful eating can be challenging. Follow these helpful tips for eating sensibly at holiday parties without increasing your waistline or sacrificing taste.

### Healthy Holiday Party Tips:

Plan ahead. Food is everywhere during the holidays, and it's important to plan ahead so you can enjoy your favorite foods without sacrificing nutrition goals. Maintain a regular eating schedule, starting with breakfast. Don't skip meals, because this may cause you to overeat the rest of the day to make up for missed calories. Try eating a healthy snack before the party or gathering so you won't overeat. Examples of healthy snacks include low-fat yogurt, fruits and veggies, or whole grain cereal.

Use portion control. The keys to controlling calorie intake are moderation and portion control. Balance party meals with other meals during the day. Eat small, healthy meals with fewer calories so party food won't cause you to exceed your calorie needs. Take smaller portions, eat smaller bites, chew slowly, and savor each delicious bite. Use a smaller plate so it looks full and you won't feel like you

## Home ed Tranda Watts, Extension specialist



deprived yourself.

Slow down to slim down. It takes about 20 minutes after food enters our mouths before the brain starts to perceive we're getting full. Slow down at the dinner table this holiday season to slim down. Take time to sit and savor the holiday food flavors. Listen to your body and stop eating when you're full.

Smart dessert decisions. If you're looking for ways to save calories, try skipping dessert or opting for fresh fruit when it's available. If you want dessert, eat less during the meal and select a half portion or sampling of bite size pieces of several desserts. Alternatively, try picking out one or two favorites and eat reasonable portions of them or choose special desserts not available other times of the year.

Stay active to decrease stress. Do the holidays stress you out? Instead of relieving stress with holiday goodies, try being more physically active. Physical ac-

tivity helps boost energy levels so you can be more productive during the holidays. It also helps the body relax, releases emotional tension, promotes better quality sleep, and creates feelings of psychological well-being.

Focus on friends and family. Don't make food the priority at parties and gatherings. Focus on the conversation and being with friends and family and you will probably enjoy the food more, get full faster and won't overeat. Concentrate on making memories and socializing with other party guests away from the buffet table.

This holiday season focus on socializing, making new acquaintances, and having fun. Spend time with relatives or catching up with old friends. Think about what you are celebrating, not just about the food. Schedule time for physical activity this holiday season and aim for 30 minutes on most days.

If you have questions, please feel free to contact your local K-State Research and Extension Office or contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at [twatts@ksu.edu](mailto:twatts@ksu.edu) or phone 785-443-3663.

# 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.

### Nov. 7

July 8-Bocanegra Federico Loera, Newell, Iowa; Charge: Speeding 76 in 65; Found: Guilty; Fine: \$222.

July 8-Bocanegra Federico Loera, Newell, Iowa; Charge: Operate a motor vehicle with out a valid license; Found: Guilty; Fine: \$0.

Oct. 24-Kerstan D. Richmeier, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Oct. 13-Kenneth John Rozema, Colorado Springs, Colo.; Charge: Speeding 79 in 65; Found: Guilty; Fine: \$165.

Oct. 3-Johanna Lee Versailles, Prairie View; Charge: Speeding 70 in 55; Found: Guilty; Fine: \$171.

Oct. 17-Andrew C. Weskamp, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Sept. 19-Lori L. Wyman, Osceola, Neb.; Charge: Speeding 76 in 65; Found: Guilty; Fine: \$147.

### Nov. 15

Oct. 28-John Thomas Agnew, Frisco, Colo.; Charge: Speeding 80 in 65; Found: Guilty; Fine: \$181.

Oct. 28-John Thomas Agnew, Frisco, Colo.; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$0.

Oct. 9-Christie A. Anderson, Beaver City, Neb.; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$153.

Nov. 2-Anthony G. Atkinson, Colorado Springs, Colo.; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$153.

Oct. 9-Michael Alan Averill, Colorado Springs, Colo.; Charge: Speeding 79 in 65; Found: Guilty; Fine: \$165.

Oct. 22-Michaela Nicole Engel, Peyton, Colo.; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$159.

Oct. 12-Shawn Phillip Hardin, Broomfield, Colo.; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Oct. 10-Donald Maurice Holiday, Junction City; Charge: Speeding 84 in 65; Found: Guilty; Fine: \$195.

Oct. 12-William Eugene Jones, Norton; Charge: Speeding 84 in 65; Found: Guilty; Fine: \$195.

Oct. 14-Debra K. Lawson, Norton; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$159.

Oct. 20-Landon M. League, Stratton, Neb.; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Oct. 21-Thomas Lozano, Chicago, Ill.; Charge: Speeding 80 in 65; Found: Guilty; Fine: \$171.

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ANNUAL  
**Senior Citizens  
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THURSDAY,  
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