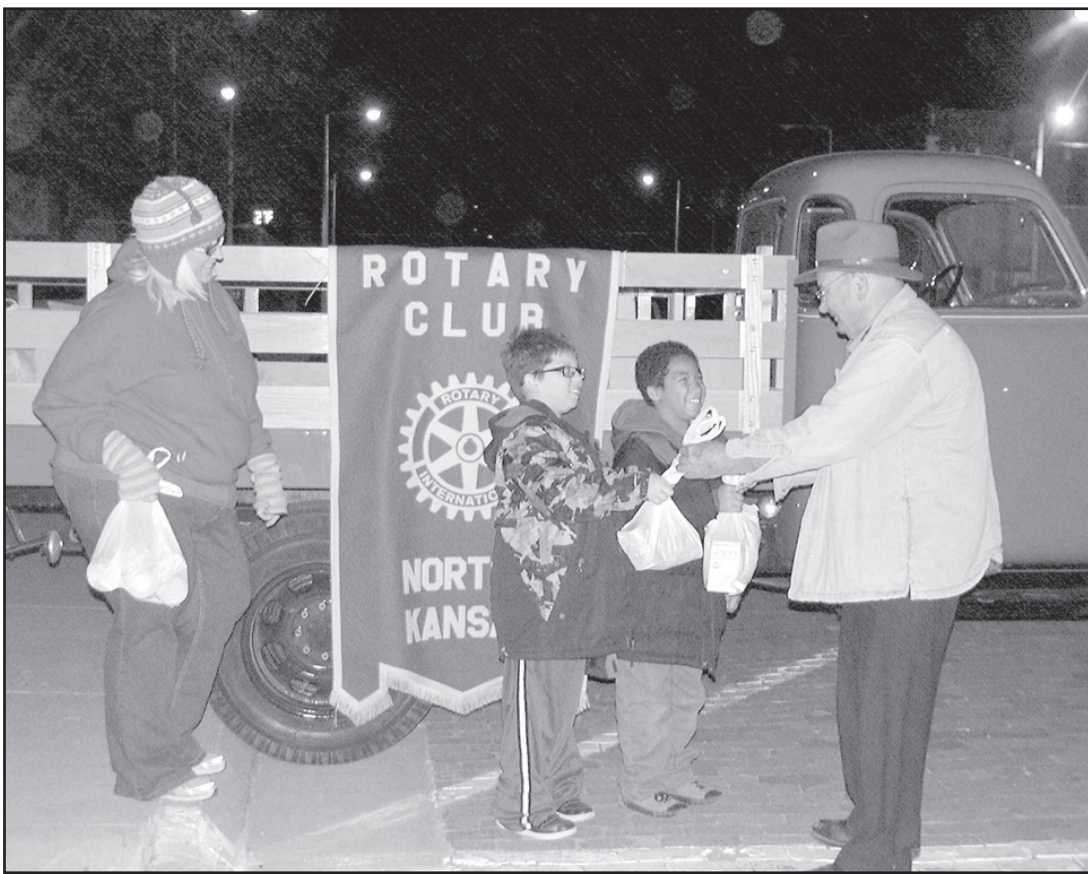


Pack the pick-up



The Norton Rotary club held their Pack The Pick Up drive Friday night. Food donations were taken to assist those in need over the holidays. Myron Veh is seen here receiving donations from Nakobi Spurrier and Neren Spurrier as Kath Wedel looks on with pride in her heart.

— Telegram photo by Dana Paxton

Enjoy holiday meals, guilt free

A Kansas State University nutrition specialist suggests understanding food science can be helpful in enjoying holiday meals and parties without adding extra pounds.

Traditional holiday foods often are high in calories, with more sugar and fat than most people normally eat, said Tanda Kidd, K-State Research and Extension nutrition and physical activity specialist.

The fat content typically provides the mouth a smooth, pleasing feel, but that's not the only reason to reach for more.

Sugar, a simple carbohydrate, triggers neurotransmitters that release hormones (including serotonin) that stimulate a sense of calm and well-being, Kidd said.

The body processes simple carbohydrates quickly, so the sense of well-being is short-lived, and that also can prompt a reach for more high-calorie, fattening foods.

To manage holiday events without over-indulging, Kidd recommends eating regular meals and perhaps also a snack before a late afternoon or evening event, rather than skipping breakfast and lunch to be able to eat more at a party or festive meal.

She advised eating a variety of foods, including high fiber foods like fruits and vegetables that are filling, and fiber-rich whole grain breads, crackers or cereals; foods with complex carbohydrates that break down slowly to provide lasting energy and contribute to a full, satisfied feeling.

When not overly hungry, guests are more able to pick and choose holiday foods, rather than overindulge in foods that will likely be higher in calories and fat, Kidd said.

While some have dietary restrictions and are advised to not eat -- or to limit -- certain foods or food groups, "Saying 'I can't' when invited to enjoy holiday foods can increase stress, which can stimulate the appetite and food cravings," she said.

To enjoy the holiday foods without offending a host or hostess, Kidd suggested two responses:

- 1) If full, politely say "No thank you. I'm full."
- 2) Choose a small portion - or taste.

A one-inch slice of pie tastes the same as a three-inch slice of pie, but has one-third the calories, she said.

The same advice, choosing a small portion and taking the time to enjoy every bite, also applies to family favorites that are holiday traditions, she said.

Such traditions may cause pause to reflect on memories of past holidays, but shouldn't be considered reason for a second - or third - helping,

said Kidd, who suggested reserving one or two holiday favorites for specific gatherings to stretch holiday enjoyment, yet trim a menu - and temptation.

Kidd also suggested adapting a recipe to reduce calories and fat. Examples could include making a pumpkin pie without a crust, substituting egg whites for whole eggs or evaporated skim milk rather than whole milk or cream, or choosing a similar recipe that is formulated to be lower in calories and fat.

If planning a family or potluck party, the nutrition specialist suggested making a special-occasion family favorite, enjoying a small serving, and leaving the leftovers for others to enjoy.

Kidd's tips for managing the holidays successfully also include:

* Choose a small plate to sample, rather than overindulge.

* Eat slowly. On average, it takes about 20 minutes (after food is ingested) for the body to process food and to signal the brain that hunger is satisfied.

* Consider liquid calories. A 12-ounce serving of beer has about 150 calories; a five-ounce serving of wine averages 100 calories, and an eight-ounce serving of eggnog has 200 to 300 calories.

Alcohol is known to impair senses, and while we frequently are warned about drinking and driving, Kidd said alcohol also impairs judgment at the dinner or buffet table by causing people to lose their sense of how much they are eating.

* Schedule time for 30 or more minutes of physical activity five or more days a week to relieve stress and maintain body functions, including more restful sleep.

* Weigh yourself regularly, such as once a week, mid-week or weekly at the same time of day and with similar clothing.

Water weight can vary two to six pounds; if an increase is consistent, Kidd advises cutting back, rather than continuing to eat more calories than needed with a plan to diet in the new year.

Why do New Year's diets fail? According to Kidd, the eating season typically begins at the end of October with Halloween candy and extends until after Super Bowl Sunday parties and Valentine's Day chocolates.

After three to four months, a change in eating habits can be difficult to overcome, Kidd said.

More information on food, nutrition and health is available at K-State Research and Extension offices in each of Kansas' 105 counties and online: www.ksre.ksu.edu and www.ksre.ksu.edu/humannutrition/.

Thoughts to amuse on a crisp morning

How quickly life changes. As I write this on Thanksgiving morning my foolish heart longs for the years when my kitchen oozed with the smell of roasting turkey, dining room table set for a dozen guests, a refrigerator bulging with cranberry sauce and relishes, accompanied by the Macy's parade on television. Today I will eat the traditional Thanksgiving menu but I won't shop, cook or clean up nor could I do so even if I had the opportunity. Perhaps change is not such a bad thing, after all.

Did anyone dry the turkey wishbone today to make jewelry? In the 1940's wishbones were stripped, boiled and dried, then painted with red nail polish, a safety pin was glued to the back and a velvet bow tied on to create a unique lapel pin. We made jewelry out of all kinds of snips and snails. Macaroni necklaces tinted with food coloring and strung on grocery twine was a favorite project for a quiet Sunday afternoon. We saved foil cigar bands and shellacked them with clear nail polish, then dried them on a fat fountain pen. They didn't last long but they were pretty classy in our limited experience.

The columns on chow chow and picallili roused this question: "What is the difference between the two and after you go to all that trouble to make such stuff, what do you do with it?" The major difference is the texture. Relishes and picallili are a much finer grind, while chow chow is chunkier and must have cabbage included. As to uses,

Pieces of life's puzzle

Liza Deines



we put it in a pretty dish on the table and ate it as a relish with almost any kind of meat. Curious, I asked some of my elderly friends here if they remembered making relishes and how they ate it. The majority served it with meat, as we did, or stirred it into mayonnaise as a sandwich spread, which they also used in tuna, salmon or potato salad. A grill cook told me she always mixed a small amount of relish into hamburger patties. This not only stretches the meat, but burgers stay juicier when grilled. My southern friend, Eva, wrote about her mother frying a quart of chow chow in bacon drippings and serving it with black-eyed peas and cornbread. Sure new to me but sounds yummy. Many others served it with bean soup. One family scrambled chow chow with eggs and another said her son loved peanut butter and relish sandwiches.

Here's another way to use the last of the garden goodies. Tina, an Italian acquaintance from New Jersey, told me her family gleaned the truck garden fields to make "jardinieria", gathering garden scraps the pickers missed or those that were too tiny or damaged to sell. They salvaged garlic, onions and cauliflower, green tomatoes, cucumbers and

peppers. The mix was trimmed, cut, packed into gallon jars and pickled in wine and vinegar. Lots of work, she said, but free food was not to be overlooked with nine children in the family. Another reader says she well remembers the days when her mother pickled and preserved anything and everything just to make it through the winter.

The article about school lunches brought many heated responses from school cooks as well as students. "We used to love school lunches," writes one hungry kid, "but now we struggle to find something to fill us up." "We used to enjoy cooking lunches for the kids," says a school cook, "but now we must spend most of the budget on expensive fruits and vegetables that often go into the garbage, while the kids are hungry for bread and meat."

My friend Charles says it's no wonder Adam and Eve had difficulties. She didn't have her mother's recipe book and he didn't have his father's checkbook so they had only that one apple to split between them. Charles also questioned me about what you got when a Republican father and a Democrat mother had a baby. It was his opinion that would be a bipartisan issue.

Just a few thoughts to amuse you on a crisp autumn morning.

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PUBLIC RECORD

Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. These cases were given to the paper with the date of the hearings.

Nov. 1

May 14-Dylan Spradlin, Norton; Charge: 1. Passing on right, 2. Basic speed; Plea: Not guilty; Other action: Trial-found guilty to 1. and innocent to 2. Found: Guilty; Sentence: Fine \$60, costs \$76, total \$136.

Oct. 20-Jeffery Ricks, Norton; Charge: Driving while suspended; Plea: Guilty; Found: Guilty; Sentence: Fine \$300, costs \$76, total \$376, 30 days jail suspended if fines are paid by June 30, 2013.

Oct. 19-David Rogers, Norton; Charge: Dog running at-large, no license; Plea: Guilty; Found: Guilty; Sentence: Fine \$25, costs waived-dog adopted, total \$25.

June 10-Autumn Nelson, Norton; Charge: Domestic battery; Other action: Dismissed by city prosecutor for costs; Sentence: Costs \$76.

Nov. 8

Oct. 22-Kayla Peterson, Norton; Charge: Vicious dog; Plea: Guilty; Other action: Amended to dog at-large. First offense with tag; Found: Guilty; Sentence: First offense with tag-no fine, costs \$76.

Oct. 30-Kayla Peterson, Norton; Charge: Dog at-large; Plea: Guilty; Other action: Amended to dog at-large, second offense with tags; Found: Guilty; Sentence: Fine \$25, costs waived, total \$25.

Oct. 31-Kaenon Keiswetter, Norton; Charge: Traffic control signal; Plea: Guilty; Found: Guilty; Sentence: Fine \$100, costs \$76, total \$176.

Oct. 23-Kristen Jensen, Glade; Charge: Speeding 45 in 35; Plea: No contest; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

June 21-Mark Johnson, Norton; Charge: Domestic battery; Plea: Guilty as amended; Other action: Plea agreement-Amended to disorderly conduct; Found: Guilty as amended; Sentence: Fine \$100, costs \$76, total \$176. One year no contact with Anna

Bullins. One year probation, 30 days jail suspended, if no trouble during probation. Pay court appointed lawyer fees.

Oct. 23-Mary Marble, Greensburg; Charge: No proof of insurance; Other action: Dismissed/proof provided.

Nov. 15

Oct. 31-Frederick Pope Jr., Omaha, Neb.; Charge: No proof of insurance; Other action: Dismissed/proof provided.

Nov. 5-Luis-Carlos Tena Baray, Schuyler, Neb.; Charge: No driver's license; Plea: Guilty; Found: Guilty; Sentence: Fine \$200, costs \$76, total \$276.



NORTON SENIOR CENTER

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|---|---|
| Monday, Dec. 3-Pasta beef and tomato casserole, corn, tossed salad, bread and cook's choice fruit. | Monday, Dec. 24-HAPPY HOLIDAYS |
| Tuesday, Dec. 4-Ham and beans, Ambrosia salad, cornbread and cookie. | Tuesday, Dec. 25-HAPPY HOLIDAYS |
| Tuesday, Dec. 11-Frito chile pie, cottage cheese w/pineapple, chips and cinnamon roll. | Wednesday, Dec. 26-Hamburger, tater tots or triangles, peas, bun and apricots. |
| Wednesday, Dec. 5-Turkey ala king, California blend vegetables, cinnamon apple slices, biscuit and pudding. | Thursday, Dec. 27-Cook's choice entree, au gratin potatoes, seasoned carrots, bread and applesauce. |
| Thursday, Dec. 6-Liver and onions, scalloped potatoes, peas and carrots, bread and mixed fruit. | Friday, Dec. 28-Tuna and noodles, winter mix vegetables, mixed fruit, bread and cookie |
| Friday, Dec. 7-Country fried steak, mashed potatoes/gravy, stewed tomatoes, bread and strawberries and bananas. | |
| Monday, Dec. 10-Smokies, macaroni and cheese, carrots, bread and Mandarin oranges. | |
| Thursday, Dec. 13-Oven fried chicken, potato salad, broccoli, bread and hot cinnamon apple slices. | |
| Friday, Dec. 14-Taco salad, citrus slices, chips and brownie. | |
| Monday, Dec. 17-Ground beef stroganoff, spinach salad, mixed | |

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