

Tips for thinner holidays

Think less fat, sugar and sodium at your holiday gatherings this fall and winter to keep your health in good shape. Here is a set of guidelines to help people make healthier holiday meal choices for their events surrounding Thanksgiving, Christmas, New Year's and even the Super Bowl.

Remember, the choices made during the holiday season could stick with you well after the season is over. Even minimal weight gain can be damaging to a person's health, particularly if that person doesn't lose the weight after the holiday. This is why a combination of good food choices and exercise is especially important this time of year.

On any holiday, traditional food items that might contain more fat, sugar and sodium than the acceptable amounts per person include turkey with the skin on, store-bought cranberry sauce, gravy, biscuits, sweet rolls, cornbread, fried foods, creamy salad dressings, eggnog and, of course, those favorite desserts and pies.

Serving turkey without the skin and making many of the sides from scratch using low-fat, low-calorie and low-sodium ingredients can help make those holiday favorites much healthier.

Other tips to consider for healthy eating on the holidays, include:

- Avoid overeating. Enjoy a small meal or snack that might include fruits, vegetables, a whole-grain sandwich or low-

Home ed Tranda Watts, Extension specialist



fat yogurt, to keep you from feeling overly hungry at mealtime.

- Enjoy your favorite high-calorie foods in smaller portions.

- Make time to be physically active on the holiday and the days surrounding the holiday to help relieve stress.

The cookies, candies, cakes and other treats in addition to the turkey or other poultry with the skin on, ham, mashed potatoes and any fried foods can make the holiday calories add up. Meal preparers can make simple adjustments to make foods healthier for their guests.

Again, poultry without the skin, ham without a glaze, baking rather than frying and preparing the meal from scratch can help lower caloric intake.

Other healthy food tips include:

- Choose your favorite foods, and skip your least favorite ones. Try to fill your plate with fruits and vegetables.

- Involve family members and guests in fun activities that burn calories, such as walking, biking or tossing a Frisbee. If weather is an issue, stay inside and have a dance contest. Adults can show the youth their favorite dance moves and vice versa.

Many New Year's resolutions have to do with losing weight or living a healthier lifestyle. Don't let those beginning-of-the-year parties interfere with your health.

Snack foods such as chicken wings, sour cream or mayonnaise-based dips, chips and high-calorie alcoholic beverages are examples of popular items for New Year's and Super Bowl parties. Many of these and other items can be prepared with healthier ingredients. Whole-grain and baked snacks are healthier options, as are items such as salsa, guacamole, fruit kabobs and vegetable platters.

There are many things to consider while eating at parties that occur at the beginning of the year:

- Reduce temptations by not standing near food tables.

- Watch the liquid calories by spacing out alcoholic drinks with water, club soda or other unsweetened beverages in between.

- Be physically active, perhaps by dancing at New Year's or doing simple stretches during the Super Bowl commercial breaks.

More information about preparing holiday meals is available by contacting 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@ksu.edu or call 785-443-3663 in the Golden Prairie and Twin Creeks Extension Districts.

Harvest Home Celebration



The Congregational Church and the Almena Methodist Church held their 84th annual Harvest Home Celebration last Saturday. A large number of people showed up to support the event by partaking in a variety of soups and pies. Charlie Wolf is seen here getting his soup which is being served by Conrad Van Kooten.

- Telegram photo by Dana Paxton

Funding to create jobs in rural areas

Agriculture Secretary Tom Vilsack recently announced the selection of 34 organizations for grants to help rural cooperatives and small businesses expand and strengthen their capacity to serve rural citizens and communities.

"Our rural communities have incredible potential to create new jobs and expand opportunity for rural Americans," said Vilsack. "The grants announced recently will strengthen rural business development by partnering with rural co-ops and non-profits, expanding technical assistance for Main Street businesses. This effort is yet another example of USDA's comprehensive focus on revitalizing the rural economy, and it is a reminder that a new Food, Farm and Jobs Bill is pivotal to continue these efforts."

Funding is being provided through the U.S. Department of Agriculture (USDA's) Rural Cooperative Development Grant (RCDG) program. The grants are being awarded to non-profit groups and higher education institutions to create and operate centers that help establish, expand or operate rural businesses, especially cooperatives and mutually-owned businesses. These competitively-awarded grants may be used to conduct feasibility studies, create and implement business plans, and help businesses develop new markets for their products and services. Since fiscal year 2009, the RCDG program has awarded 166 grants for approximately \$33 million and has helped nearly 3,000 businesses.

The announcement includes

several recipients who are developing new market opportunities for rural farmers and ranchers by capitalizing on budding consumer interest in locally produced food.

For example, the Indiana Cooperative Development Center is being selected for a \$200,000 grant to assist food hubs - facilities that aggregate local food and market it to large-volume buyers in the region - as part of the "My Local Indiana" effort. In North Dakota, the Common Enterprise Development Corporation is receiving a \$200,000 grant to explore the creation of a local food processing, storage and delivery cooperative. Secretary Vilsack announced this award recently as part of Native American Heritage Month.

The technical assistance these centers provide will help generate new opportunities for American farmers and ranchers, create jobs in local food processing and distribution industries, and serve growing consumer demand for locally-produced

products. A recent Michigan State University study found that the average food hub creates nearly 20 jobs and generates close to \$4 million in sales.

The projects supported through today's announcement go far beyond food. For example, Western Illinois University (Macomb, Ill.) will receive a \$199,871 grant to conduct outreach on renewable energy and bio-based products, among other projects. It also will help build statewide capacity for cooperatives. The Community and Shelter Assistance Corporation in Sherwood, Ore., will use a \$147,200 grant to help farmers, ranchers and rural small businesses in underserved communities build affordable housing and neighborhood facilities.

Vilsack announced more than \$6 million in grants for the list of recipients. Funding for each recipient is contingent upon the recipient meeting the terms of the grant agreement.

Hospital leaders attend convention in Wichita

The Kansas Hospital Association's 2013 Annual Convention and Trade Show, Waves of Change, Oceans of Opportunity, experienced record attendance last week. The convention provided hospital leaders with strategies to meet today's health care challenges in the changing health care arena. In addition to hospital and health care leaders, more than 200 exhibitors participated in the annual trade show.

Steve Kelly, President and CEO, Newton Medical Center, Newton, was sworn in as the 2014 KHA Board Chair during the KHA Investiture and Awards Luncheon on Nov. 14. In addition, Rich Miller, Administrator and CEO, Norton County Hos-

pital, Norton, was awarded the 2013 Charles S. Billings Award. This award is given to those who have shown extraordinary dedication and commitment to the health care industry during a lifetime of achievement.

Two inaugural awards also were presented during the luncheon. The Trustee of the Year Award was presented to two trustees from Anderson County Hospital in Garnett, Bill Barnes and David Lybarger. Nine individuals were honored as nominees for the Health Care Worker of the Year. Vickie Gaddis, Coffey County Hospital, Burlington and Diana Bryant, Wilson Medical Center, Neodesha were selected as statewide winners.

Awards were also presented during the Political Advocacy and Grassroots Breakfast. Kansas Insurance Commissioner Sandy Praeger received the KHA Distinguished Health Care Advocate Award and Dennis Franks, CEO, Neosho Memorial Regional Medical Center, Chanute, was presented with the American Hospital Association Grassroots Champion Award. Reta Baker, President, Mercy Hospital Fort Scott and Matthew Heyn, CEO, Pawnee Valley Community Hospital, Larned, were each presented with a AHA/KHA PAC MVP Award.

SENIOR CENTER

Senior Center Menu

Monday, Dec. 2-Waikiki meatballs, broccoli, pineapple, rice and cookie.

Tuesday, Dec. 3-Mom's turkey casserole, peas, tropical fruit, bread and no-bake cookie.

Wednesday, Dec. 4-Hot roast beef sandwich, mashed potatoes/gravy, corn, bread and fruit cobbler.

Thursday, Dec. 5-Tater tot casserole, California blend vegetables, bread and gelatin w/fruit.

Friday, Dec. 6-Baked fish, parsley potatoes, cooked spinach, bread and applesauce.

Monday, Dec. 9-Salisbury steak, mashed potatoes/gravy, green beans, bread and peaches.

Tuesday, Dec. 10-Ham and beans, coleslaw w/carrots, cornbread, 5-cup salad.

Wednesday, Dec. 11-Oven baked chicken, scalloped potatoes, mixed vegetables, bread and cottage cheese w/fruit.

Thursday, Dec. 12-Liver and onions, mashed potatoes/gravy, winter mix vegetables, bread and rosy pears.

Friday, Dec. 13-Tuna salad, tomato soup, 3-bean salad, crackers and mixed fruit.

Monday, Dec. 16-Steak fingers, mashed potatoes, rosy applesauce, bread and cook's choice complement.

Tuesday, Dec. 17-Ham, candied sweet potatoes, corn, dinner roll, cranberry apple salad and pumpkin bar.

Wednesday, Dec. 18-Baked spaghetti, spinach salad, Mandarin oranges, garlic bread and pudding.

Thursday, Dec. 19-Chicken and noodles, mashed potatoes, peas, cake and cinnamon apple slices.

Friday, Dec. 20-Chef salad (meat on the side), strawberries and bananas, breadstick and brownie.

Monday, Dec. 23-Hamburger patty, potato salad, baked beans, bun and fruit crisp.

Tuesday, Dec. 24-Sausage gravy, tater tots, seasoned carrots, biscuit and citrus slices.

Wednesday, Dec. 25-Merry Christmas!

Thursday, Dec. 26-Closed
Friday, Dec. 27-Smokies, macaroni and cheese, stewed tomatoes, breadstick and pears.

Monday, Dec. 30-Cook's choice entree, hash brown casserole, green beans, bread and apricots.

Tuesday, Dec. 31-Chili, cook's choice fruit, crackers and cinnamon roll.

Call Mike with all your social news. 877-3361

Merry Christmas
from...

Enfield Funeral Home

Hand blown glass Angel Ornaments that can be personalized to make your tree extra special!

AN ASSORTMENT OF ORNAMENTS TO PICK FROM: AN ANGEL, DOVE OR BUTTERFLY

Can be made for Baby's First Christmas, your First Christmas

Together, or remembering a loved one just to name a few!

Place your order no later than Wednesday December 11.
Stop in or call us at 785-877-5135

The United Methodist Women of Norton are sponsoring a

Cookie and Candy Walk

Wed., December 4
9:30 a.m.-1:00 p.m.
Community Center
208 W. Main, Norton

Trays of cookies and candies, made and provided by church families, will be displayed on tables. You can choose the kind and quantity that you want. The cookies will be sold for \$5 a pound and candy for \$6 a pound.

You can also purchase a homemade cinnamon roll and your morning coffee at the center. The proceeds go to the mission projects.



Free Estimates and Free Inspection

Aqua Shield Roofing and Construction

Owners: Michael Perry and (Luis) Angel Guzman

ASPHALT • TILE METAL • WOODSHAKES

Vinyl and Steel Siding Cement Board Siding and Vinyl Windows

Fully Insured
References Available
Serving Western Kansas

503 E. Frontier Parkway Oberlin, KS
785-475-2533
TOLL FREE 800-556-0876

Nov. 27- Dec. 4

Showing at the

NORTON THEATRE

The Hunger Games: Catching Fire

2 Hours, 35 Minutes (PG-13)
Thursday Saturday: 7 & 9:45 p.m.
Sunday: 5 & 7:45 p.m.
Mon., Tues., Wed.: 7:00 p.m.

Frozen in 3-D

1 Hour, 55 Minutes (PG)

Both movies are \$7.00 for adults and \$6.00 for children 12 and under. No Sunday Discount

FRIDAY, DEC. 13 - THE HOBBIT 2 (PG-13)
VISIT OUR WEBSITE: NORTONTHEATRE.COM

COMING SOON

This ad is brought to you by The Norton Telegram