

You can replace salt in your diet

You weren't born with a love of salt; you just learned to like it.

The good news is you can retrain your taste buds. If you gradually decrease the sodium and salt in your diet, you will find your taste for salt declines. By using spice and herb blends instead of salt, you can add satisfying flavor to just about any recipe.

Salt is one of the four basic taste qualities — sweet, sour, bitter and salty. It is no wonder that historically salt has been the most valued flavor enhancer in our society.

Despite its marked place in our kitchens, many health authorities have recommended individuals limit their salt intake to no more than 2,400 milligrams per day. The average American consumes 4,000 milligrams per day, and nearly one of four Americans has hypertension. Middle-aged Americans have a 90

percent chance of developing high blood pressure.

While some foods naturally contain sodium, most of the salt in the typical American diet is added during processing or preparation as a preservative and for flavor. Popular foods with high sodium content include pickled foods, canned vegetables and soups, snack foods, cured meats, packaged mixes and frozen dinners.

To moderate your sodium intake, read the nutrition label on food packages. Know the label lingo. Look for:

- Sodium free — contains 5 milligrams or less of sodium per serving
- very low sodium — contains 35 milligrams or less of sodium per serving
- Reduced sodium — the usual sodium level was reduced by at least



Home Time

By Tranda Watts
Multi-county Extension Agent

25 percent

• No added salt, unsalted — no salt was added during processing; however, this does not mean the product does not contain sodium.

Salt, whether added during food preparation or at the table, is the most common source of sodium. One teaspoon of salt contains about 2,400 milligrams of sodium.

So think before you reach for that salt shaker. Instead, jazz up food

with herbs and spices. Salt-free seasoning blends provide an easy way to give great flavor without the guesswork or added salt.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

Rexford News

By Vicki Allison

The snow we received on Sunday and into Monday, the first day of spring, has demonstrated that March is a transitional month. Winter will depart, covering the ground in a blanket of white, and as the temperature rises the color of green will appear giving confirmation of spring.

Luke and Julie Juenemann are proud to announce the birth of their daughter, Jorja Kimber, who was born March 14. Grandparents are Larry and Kim Juenemann of Chaetopa, and J.W. and Janell Glidewell of St. Francis.

A bridal shower was given for Samantha Allen at the Rexford Community Church Sunday afternoon.

Vicki Allison and daughter, Jami Wark, went to Lawrence on Sunday, March 12, to spend four days of their spring break with daughter and sister, Kristin Wark, who attends the University of Kansas. Sunday morning Lawrence had micro burst winds and tornado damage to the town. It was reported that the campus had 60 percent of their buildings damaged and electrical outages, so Monday classes were canceled.

Vicki and Jami were able to go with Kristin to the Brook Creek Learning Center where Kristin is a teacher's aide to fifteen preschoolers. They also spent time with Kelly Wark, a cousin who lives in

Lawrence.

Sondra Barnett had company last week. Because of spring break her daughter, Shalom Kruse, Gabriel, Kaleb and Trinity from Pretty Prairie, and Lori Barnett, Elijah and Joshua from Tyrone, Okla., were here for a few days. The cousins had a great time together.

In honor of Vicki Allison's 50th birthday on March 17, her children, Chad, Rebecca, Kristin, and Jami Wark, held a surprise party for her at the Southwind in Selden Friday evening. Vicki says thank you to family and friends for the celebration and for the cards and gifts she received.

The Lion's Club had a nice turnout for the beef/chicken and noodle lunch Sunday afternoon.

Red Barn activities: There were twelve meeting for Barnswallows on Tuesday. Those card players were Lawrence Horinek, Dick Sanford, Grace Cheney, Jean Hawkins, Doc Dingwerth, MaryAnne and Lawrence Juenemann, Chuck and Parry Williams, Betty and Rex Carswell, and Deb Stepper.

Those at Bible study on Wednesday were Ranell Lunsway, Delores Dible, Grace Cheney, Patty Purcell, Janette Dible, Edna Colson, Betty Carswell, Deb Stepper, and leader, Jolene Hansen.

Those in from Come on Down

were Dick Sanford, Lawrence Horinek, Betty and Rex Carswell and Deb Stepper.

On Friday, March 17, St. Patrick's Day, Koffe Klatch had fifteen ladies around the table. Those ladies were Darla Dible, Vesta Roth, Deborah Gamboa, Deb Stepper, Pat

Williams, Hulda Wark, Eunice Sanford, Sondra Barnett, Grace Cheney, Berneda Zoberst, Sue Hayes, Delores Dible, Margaret Arasmith, Liz Rall and Jean Hawkins.

Golden Plains spring break was March 13-17. nd

Lady's Night Out



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Selden News

By Jacque Boultinghouse

On March 16 at Senior Citizens, Jeanie Spresser won high, Paulie Neff took second, Edna Schiltz got low and Shirley Emigh had the most votes. Other members present included Lola Cook, Anna Albers, Alfred Albers, Betty James, Carol Shaw and Leone Porsch.

The next fire department class for Selden and Rexford will be 7 p.m. Monday in Rexford at the fire house.

Birthdays and anniversaries: March 23 - Tami Porsch, Francis and Leone Porsch; March 25 - Jeremy Schiltz, Daren Storer; March 26 - Jeni Rogers, Mary Ann Zoderow, Elsie Wessel, Dagmar Becker; March 27 - Julie Geisinger, Dori Pauls, Shani Sauvage; March 28 - Lori Miller, Shirley Campbell Weber, Bernie Koerperich; March 29 - Marissa Porsch, Paula Schiltz, Tammy Shaw, Alexia Campbell.

Your assistance is always welcome on the Community Center. Contact Darrel Bruggeman to find out the work schedule. To donate for tables and chairs, or for more information about the fundraiser, contact Jacque Boultinghouse or Jackie Schulte. Several items have been donated for the fundraiser, to help pay for items needed for the Center.

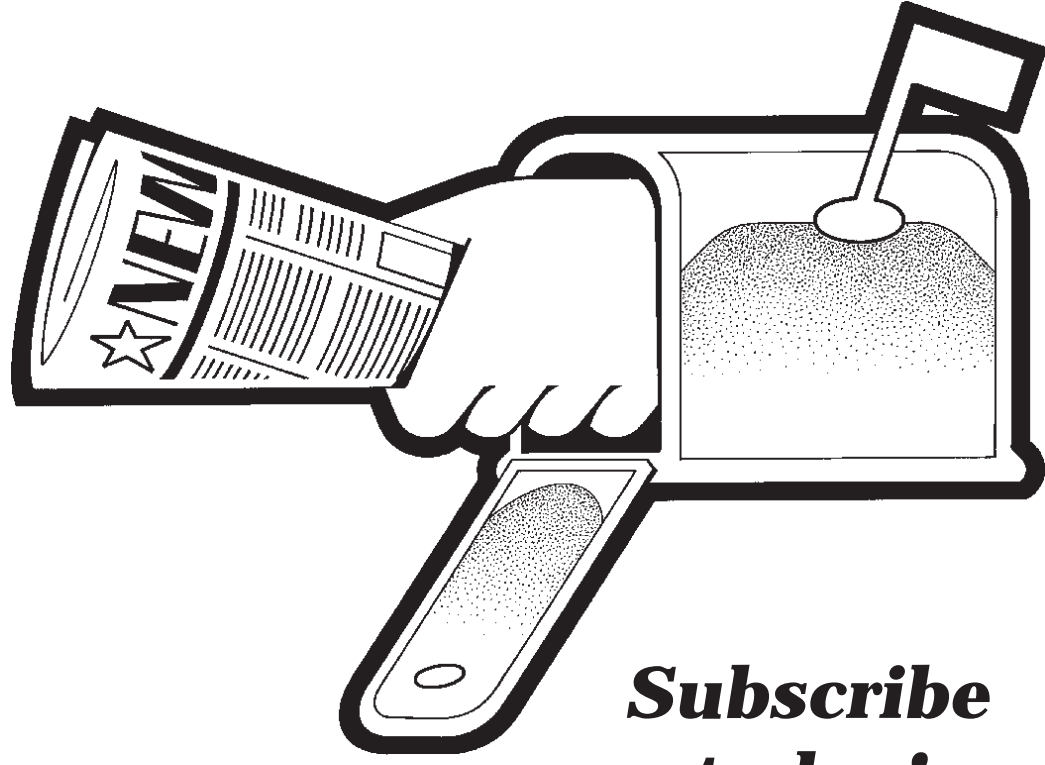
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