

Home & Community Connections

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Nutrient Dense Foods

You may have heard the term "nutrient dense." What exactly does that mean? They are the foods and beverages that provide vitamins, minerals, and other substances and have positive health effects with relatively few calories. The term "nutrient dense" indicates that the nutrients and other beneficial substances in a food have not been "diluted" by the addition of calories from added solid fats, added sugars, or added refined starches, sodium, or by the solid fats naturally present in the food.

Ideally, they also are in forms that retain components such as dietary fiber that occur naturally. All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products, and lean meats and poultry - when prepared without adding solid fats or sugars - are nutrient-dense foods.

For most Americans, meeting nutrient requirements within their calorie needs is

an important goal for health. Eating nutrient-dense foods, in the recommended amounts, from each food group is the best approach to achieving this goal and building a healthy eating pattern.

Low-nutrient dense foods on the other hand fill our stomachs when we are hungry but do not include many nutrients for our bodies. Low-dense foods include chips, cookies, pastries, sugar-sweetened beverages and high-fat meats such as bacon.

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Contact Misti McInteer for respite information or to make a difference in your community by becoming a respite provider today.

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- | | |
|---|--------------|
| Four Corners Health Department | 402-362-2621 |
| Lincoln-Lancaster County Health Department | 402-441-8045 |
| Public Health Solutions District Health Dept. | 888-310-0565 |
| South Heartland District Health Department | 877-238-7595 |
| Southeast NE District Health Department | 877-777-0424 |
| Three Rivers Public Health Department | 402-443-4603 |



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Funded by the Nebraska Department of Health and Human Services

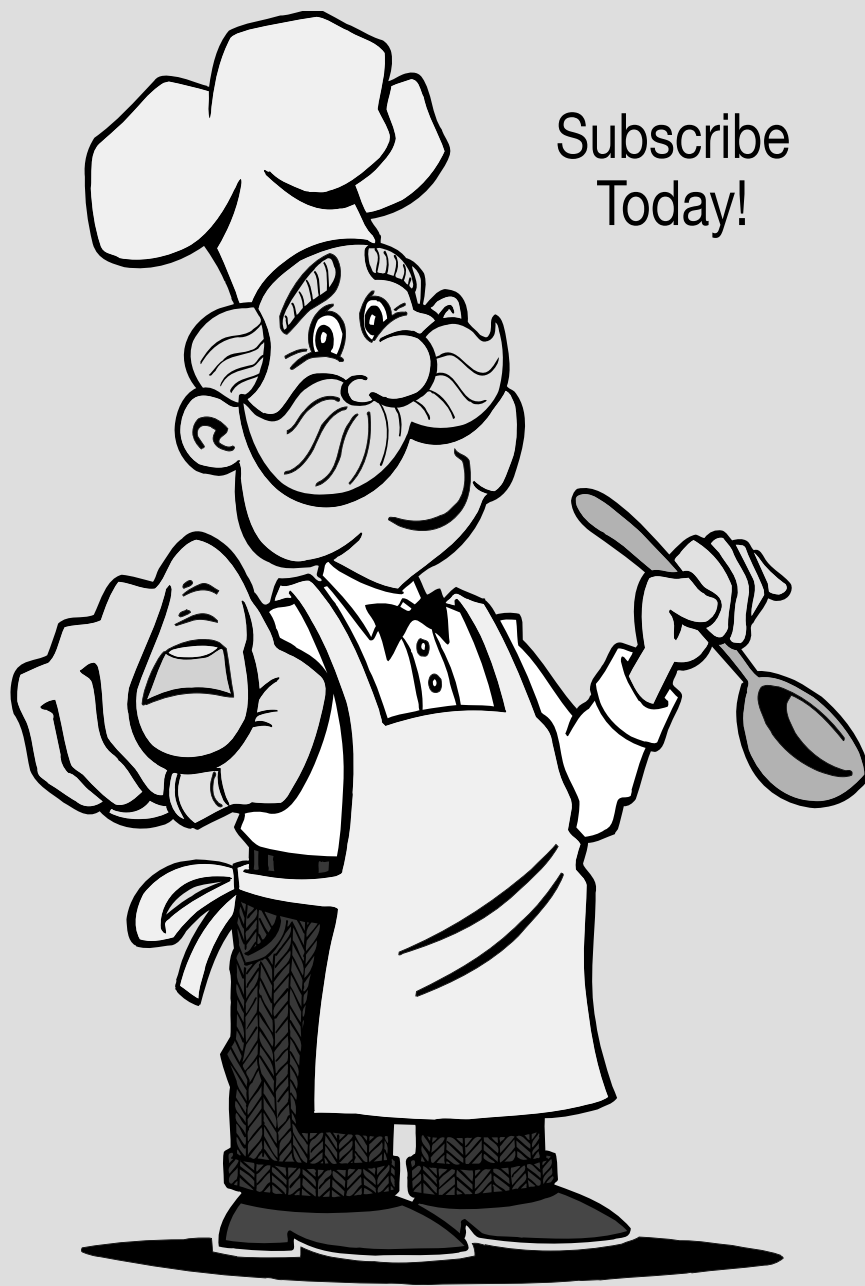


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State speech performances... TCEDA receives housing funds

Continued from front...

"Assistant coach Brenda Thoene and I were very proud of the state qualifiers," said BD Coach Anne Bowman. "All eight events had outstanding performances in their preliminaries and finals events. Seven broke finals and finished strong."

The OID team including members Anthony Ferebee, Shane Heyen, Brenna Meyer, Jayden Otto, and Nolan Schroeder, managed to score 20 points for the Eagles' team after taking the championship in that event. Individual championships, which also earned 20 points per event, included Tara Pavelka in persuasive speaking and Johanna Kluck in the serious interpretation of prose literature event.

Pavelka earned another 18 points for the squad after taking second place for her performance in informative public speaking and Kluck added another 10 points for the team after finishing sixth in oral interpretation of poetry.

Brenna Meyer added 12 points to the total score for her fifth place finish in informative public speaking while McKenna Schardt added the final 10 points for her sixth-place finish in persuasive speaking.

"We are proud of the entire

team for all their success throughout the season," Bowman added.

Rounding out the Bruning-Davenport performances was Chris Rohr with a tenth-place finish in extemporaneous speaking.

Thayer Central

For the Thayer Central team who finished with 66 points, Russ Heitmann led the way earning 20 points for his championship performance in oral interpretation of poetry and 18 points for his second-place win in persuasive speaking. Heitmann is Thayer Central's first state champion for speech. Overall, the senior has collected six state speech medals in his four years on the team.

Team member Rachael Fangmeier also collected 18 points after turning in a second-place performance in informative public speaking.

Rounding out the Titans scoring was Rachel Heitmann who earned 10 points for her performance in the serious interpretation of prose literature category.

"We had a remarkable run this season," said Thayer Central Coach Justin Bomar. "These kids put in the time, put in the effort, and were rewarded for their work."

Final team performances

came from John Kyker in extemporaneous speaking, Robert Dodes in entertainment speaking and Caryn Friesen in poetry.

"We are going to have some incredible talent graduating this year and they will be missed next year, that's for sure," Coach Bomar said. "But we also have some promising talent coming back, some great leadership, and our program is continuing to build in the right direction."

Deshler

The Deshler Dragons finished with 22 points behind April Maschmann who earned 12 points for her fifth-place performance in informative public speaking and Hannah Lautner who earned 10 points for her sixth-place finish in poetry.

Others competing for the Dragon team included Craig Meyer who teamed up with Elizabeth Meyer in duet acting, then competed individually in humorous interpretation of prose literature; Noah Burger who competed in entertainment speaking; and Jared Pohlman who

Thayer County Economic Development Alliance (TCEDA) has received notice that \$157,500 of grant funds through the Nebraska Department of Economic Development and Nebraska Affordable Housing Trust Fund is available to assist five income-eligible individuals or families in purchasing a home. The Housing Opportunity Program (HOP) provides down payment assistance to finance the purchase of an existing home within Thayer County.

Income guidelines are as follows (family size and income limit): 1 - \$39,937; 2 - \$45,625; 3 - \$51,312; 4 - \$57,000; 5 - \$61,562; 6 - \$66,125; 7 - \$70,687; 8 and

over - \$75,250.

Homebuyers are required to obtain financing through a traditional mortgage at a financial institution. Owner-financed sales are not eligible for this program. Homebuyers must contribute at least two percent of the purchase price as a down payment. Maximum down payment assistance through

over - \$75,250.

Homebuyers are required to obtain financing through a traditional mortgage at a financial institution. Owner-financed sales are not eligible for this program.

Homebuyers must contribute at least two percent of the purchase price as a down payment. Maximum down payment assistance through

this program is \$17,000.

To obtain an application, contact TCEDA at 402-768-7407 or e-mail to tceda@diodecom.net.

Details and an application form can also be found at <http://www.thayercounty.org/Joomla/index.php/housing-in-thayer-county>.

Eligibility is a first-come, first-to-close basis.



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Courtesy Photo

Thayer Central High School Speech Team students who recently competed at the 2013 State Speech Meet include (l-r): Back row: Robert Dodes, Russell Heitmann and John Kyker. Front row: Caryn Friesen, Rachael Fangmeier and Rachel Heitmann.

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