

MANHATTAN — Following a low-carbohydrate diet that excludes vitamin- and mineral-enriched grain products in the months prior to or early in a pregnancy may increase the risk of neural tube birth defects such as spina bifida if additional supplements are not taken, said Kansas State University nutrition educator Sandy Procter.

Spina bifida is a defect in the development of the spinal column.

Enriched grain products typically include folic acid, a synthetic form of folate, a B-vitamin that has been proven to reduce the risk of neural tube birth defects, said Procter, who is a registered dietitian, specializing in maternal and

early childhood nutrition.

Women of child-bearing age (15 to 44) are encouraged to supplement their diets with 400 micrograms of folic acid per day, in addition to food sources, she said. If a woman's diet lacks adequate food sources of folic acid, and she does not take a supplement, there is a risk of folic acid deficiency.

While enriched grain products provide the most available source of the B vitamin, nutrition professionals also recommend folate-rich foods such as whole grains, citrus fruits, leafy green vegetables, lentils, chickpeas (also known as garbanzos) and avocados — to help meet recommended daily guidelines.

In recent research, folic acid also appears to improve cognitive function in older adults, Procter said.

For most people, choosing a diet that excludes one or more food groups can rob the individual of vitamins, minerals and other nutrients needed for health, said Procter, who recommended eating a variety of foods that contribute to health.

More information about food, nutrition and health is available at county and district K-State Research and Extension offices or on the Extension Web site: www.oznet.ksu.edu/humannutrition/.



Brenda Dole, new owner of Adventures on West U.S. 36 Highway, turns out an order of French fries, while her mother, Marilyn Colip, looks on. Mrs. Dole and her husband, Dan, took over the restaurant's operation April 16. Adventures is open at 6 a.m. Monday through Saturday.

— Telegram photo by Carolyn Plotts



Robert and Diane Mizell, Nickerson, were named a 2007 Farm Focus Family by the Reno County Chamber of Commerce. Mr. and Mrs. Mizell stand in front of one of their feed lots.

— Photo courtesy of HutchNews

Mizells named Farm Focus Family

Robert Mizell, Nickerson, the son of Doris Mizell, Norton, and his wife, Diane, were recently chosen as a 2007 Farm Focus Family by the Reno County Chamber of Commerce.

Mr. Mizell graduated from Kansas State University with a degree in animal science. His first job out of college was with an Oklahoma State University research station in El Reno, Okla. It was there, he met his future wife, Diane, the local high school's Spanish teacher.

They lived in El Reno for 10 years. In the mid 1980s, Mr.

Mizell received a call from his best friend in college, Dale Randolph.

Dr. Randolph was a veterinarian in the Nickerson area. He wanted Mr. Mizell to work with him, help him farm, background cattle and chop silage.

Then the Mizells started their own farming operation that has grown to 1,400 acres under cultivation. They grow wheat, corn, milo and soybeans and have around 200 acres in pasture and about 360 irrigated acres. They also have 1,000 head of stocker cattle.

Mrs. Mizell, who retired from teaching when they had children,

does all the bookkeeping and keeps the farm records.

Mr. and Mrs. Mizell have two grown sons, Marcus Mizell, Hutchinson and Mike Mizell, Overland Park.

Along with the custom foliage harvesting, Mr. Mizell has three trucks used for hauling manure and is in the final stages of an innovative dead animal compost site. He'll use the compost on his ground to improve its quality.

His plans for the future don't include retiring from farming. He said, "I'm doing what I love."

New owners take on new 'Adventures'

By CAROLYN PLOTTS
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She comes from a long line of restaurateurs. So operating her own restaurant is second nature to Brenda Dole.

Mrs. Dole's mother Marilyn Colip, operated the Town and Country Kitchen years ago and she worked along side them, learning everything there was to know about the business.

Brenda and her husband, Dan, purchased Adventures In Eating from Tom and Sandy Brown on April 16. The only major change they've made is to open at 6 a.m. for breakfast. The restaurant will stay open until 8:30 p.m. Monday through Thursday and until 9 p.m. Friday and Saturday. Adventures will be closed Sundays.

Brenda said, "I do want everyone to know that we've added hot beef sandwiches to our everyday menu and we also offer a livers and gizzards dinner."

She said their homemade cinnamon rolls have been very popular with the early morning breakfast crowd. "You have to get here real early in the morning to get one of those," she said.

She urged anyone wanting to order a large quantity to call ahead the day before, if possible. That way she can make extra.

You will also find the staff at Adventures makes the hamburger patties themselves as well as the chicken fried steaks. Brenda and her mom make homemade pies every day, too. You'll find a nice variety of fruit pies and cream pies.

"We mainly kept the same staff," Brenda said, "But, we are looking for some lunch-time help."

Everyone in the Dole family helps out. Husband, Dan, is the maintenance man at Norton County Hospital, so he helps out in the evenings as needed. Their oldest son, Zach, 17, is a junior at Norton Community High School. He is followed by Austine, 15, who is a freshman and 12-year old Cassius is a sixth grader.

The family, who attends the First Church of God in Norton where Brenda has taught a youth group for the last 11 years.

Brenda said, "Tom and Sandy (Brown) were great to help us through the transition. We just want to invite everyone to come in and give us a try."

Deadline for program extended to Aug. 3

The sign-up deadline for the 2007 Direct and Counter-cyclical Program (DCP) has been extended to Aug. 3.

"The extension is due to issues involving the performance of the Farm Service Agency's web-based computer system, said Vesta Hobbs, county-executive director for the Norton County Farm Service Agency. "The late-file fee of \$100 will only be assessed for farms that are enrolled after Aug. 3 and before Sept. 30."

The U.S. Department of Agriculture figures program payments

using base acres and payment yields established for each farm. Direct payments provide no incentive to increase production of any certain crop, because the payments are not based on farmers' current production choices. Farmers receive direct payments at rates established by statute regardless of market prices.

Counter-cyclical payments provide support counter to the cycle of market prices as part of a "safety net" in the event of low crop prices. These payments are only issued if the effective price for a commod-

ity (which takes into account the direct payment rate, market price and loan rate) is below the target price for the commodity. Counter-cyclical payment rates vary depending on market prices.

Enrollment for the program began last Oct. 1 and was scheduled to end on June 1. Hobbs said the extension applies only to the enrollment time frame, but doesn't extend the program's contract period.

For more information, call the Norton County Farm Service Agency at 785-877-5156.

"Hays Medical Center gives excellent, excellent care."

Ron Wenthe, President, Golden Belt Bank

When oral medication no longer controlled his diabetes, Ron Wenthe consulted with his doctor about changing to insulin injections. He began a series of diagnostic tests related to his diabetes and overall health.

One of the diagnostic tests was for sleep apnea, a condition in which air passages become blocked causing breathing to stop repeatedly during sleep and impacting the amount of oxygen and rest the body receives. Wenthe learned that the lack of proper rest can affect the heart and — in the ensuing testing process — discovered serious cardiac problems.

"I had blockage in four arteries and so that lead to quadruple bypass surgery."

Preparation for his surgery was thorough and informative.

"I had never been through surgery, except when I was a young kid."

Wenthe reviewed a videotape that walked him through the procedure.

"Knowing exactly what's going to happen, what all the procedures are, what the rehab is, everything you are going to be going through, then there's no surprises. You know what's coming."

In discussing options with his doctor and cardiac specialist, he was given the option of going elsewhere for his surgery but wouldn't even consider it.

"This is my home. I am proud that we have a quality regional hospital here and I want my surgery done here," he told them.

"During my surgery, the information beforehand, the procedures, the rehab afterwards, was excellent. Hays Medical Center gives excellent, excellent care."



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"There's no surprises."

