

Alcohol's effect on weight gain

There is conflicting information about how much of an effect drinking alcohol might have on weight gain. Have you ever wanted an explanation? There's a simple answer, and there's a more complex answer. Let's start with the simple one, and that has to do with calories.

Alcoholic beverages contain empty calories - lots of empty calories. And as a whole, Americans like to consume them. In fact, alcoholic beverages are the fifth-leading contributor to calories in the diet for American adults, accounting for an average of 106 calories a day. (They're behind grain-based desserts, such as pies and cake; yeast breads; chicken and mixed chicken dishes; and soft drinks and energy/sports drinks.) So, if you currently drink an average amount of alcohol and you stop, you'll be consuming about 740 fewer calories per week and could expect your weight to gradually drop, or at least not increase as rapidly as before - depending on what else you consume.

However, try coupling that piece of common sense with the

Homeed
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Extension
specialist



findings of a study published in 2010. Researchers examined data from 19,220 women who started at normal weight and then 12.9 years later. When the researchers adjusted for age, non-alcohol calorie intake, physical activity and other factors, they found that those who consumed a light to moderate amount of alcohol (an average of one drink a day or less) gained less weight over the years than those who didn't drink at all. So few women in the study were heavy drinkers (two to three drinks a day or more), researchers hesitated to draw any conclusions about that amount of alcohol on weight.

That finding seems straightforward - except that other research has linked alcohol with at least a short-term stimulation

of the appetite, leading people to over-consume when they drink.

One thing is apparent: You've seen conflicting information about alcohol and weight gain because there is conflicting information about alcohol and weight gain. Although heavy alcohol consumption is linked with some pretty nasty diseases (including colon cancer, breast cancer, liver cancer and other liver disease, stroke, and type 2 diabetes), moderate alcohol consumption (no more than two drinks a day for men and one for women) is linked with lower risk of stroke, type 2 diabetes and overall mortality.

The bottom line? Alcohol has a high caloric content. For that and other reasons, if you drink, don't overdo it. And be aware that you might be tempted to eat more when you do drink.

If you have questions concerning food and nutrition, please feel free to contact your local K-State Research and Extension Office or e-mail Tranda Watts at mail to twatts@ksu.edu.

A good bet



After a rib dinner, David Davis mans the Craps table at the Norton Eagles fund-raiser Saturday evening. The fund-raiser was for the Fraternal Order of Eagles Aerie and Auxiliary State President's Project. The \$1670.00 that was raised went to the Cotton O'Neil Cancer Research Center of Topeka. Auxiliary State President Peggy Fellers stands next to Mr. Davis along with Glenn Hays, Marvin Matchett, Jonathon Meyers, Sandy Meyers and Jim Antrim, who all place their bets.
- Telegram photo by Dana Paxton

STUDENT NEWS

The NCHS drama club will present this year's fall play, "The Bachelor King" this weekend. The show will open at 7:30 p.m. on Saturday at the East Campus Auditorium. A matinee will follow at 2:30 p.m. on Sunday.

"The Bachelor King," a comedy set in a troubled kingdom run by a troubled king, spoofs three reality television shows including The Bachelor, American Idol, and Survivor. The king uses his dying words to pass royal succession not to his greedy son, Prince Daft, but to Yokel, an inept hillbilly. The royal staff believes Yokel, a bachelor, must be paired with a queen, so they round up five eligible bachelorettes to vie for his hand. Among the contenders are

Agatha Peabody, a high-society matron; Priscilla Tradewells-Ayers-Hollander-Morely, a four-times married gold digger; Sally Valley, a ditzy cheerleader; Crushin' Kanisha, a New York City gangster; and Jane Claxton, a true-hearted cowgirl.

While Yokel attempts to deal with an economic downturn, an embezzling "most trusted" advisor, and an assassination attempt led by Prince Daft and Yokel's own body guard, the bachelorettes compete for his heart in a variety of hilarious and outrageous ways.

Admission is \$5 for adults and \$4 for students.

Cast and crew members include:

Seniors

Rhees Carlson, Mariah Farber and Thea Grizzle.

Juniors

Jade Braun, Zach Combs, Dorothy Fessler, Stephanie Hager, Ruth Kendell, John Renner and Rachel Slipke.

Sophomores

Branson Addington, Kristen Burge, Leif Carlson, Chris Chambers, Skylar Davis, Shauna Gibson, Jordyn Gosselein, Ashley Hildebrand, Cody O'Hare, Hannah Pollock, Jared Shelton, Landon Slipke and Maggie Spradlin.

Freshman

Neysa Carlson, Steve Cummings and Director: Brandon Gay.

Holiday travel safety tips

With the holidays just around the corner, many families will be traveling to visit friends and relatives, whether by road or by air. Safe Kids Kansas offers tips to families to ensure their holidays are safe days.

Infants and toddlers on airplanes are safest in a car seat with a harness in case of turbulence. "A child who rides in a car seat on land should optimally ride in that car seat on a plane," said Cherie Sage, State Director for Safe Kids Kansas. "Air turbulence can be dangerous and can appear suddenly without warning."

"You need your child's car seat to travel to and from the airport anyway," said Sage. "Car rental companies sometimes have car seats available, but the car seats they have on hand may not fit your child, or they may not be reliable. Your kids are better off in their own car seats." Make sure your child's car seat is labeled "certified for use in motor vehicles and aircraft" on the label. It is also recommended to call ahead to check on the policies of the airline you will be flying on.

Booster seats cannot be used on airplanes because they require shoulder belts and airplane seats have only lap belts. Children who have outgrown car seats should sit directly on the airplane seat and, like all passengers, keep the lap belt buckled across their thighs or hips. You can gate-check your child's booster seat so you have it handy at your destination.

The administration advises travelers with small children to reserve a pair of seats by a window. Car seats are not allowed in aisle seats or exit rows where they could block emergency escape routes; they must

be installed at a window seat. Whether on a plane or in a car, adult travelers should buckle up. "You're a role model," said Sage. "Children learn safety behavior by watching parents and caregivers." Safe Kids Worldwide released a study in 2005 showing a strong correlation between adult safety habits and children's safety behavior. "Also, if you will be driving through other states, be sure

to check their state laws in advance so you can be sure you are in compliance and avoid an unnecessary ticket."

For more information about child passenger safety on airplanes, visit the "Flying with Children" page at www.faa.gov/passengers.

For information about car seats and child passenger safety in general, visit www.safekids.org.

Fort Hays State hosting math relays

High school students from across Kansas will compete in Fort Hays State University's Math Relays on Thursday, Nov. 10.

Competition will begin at 9:30 a.m. in the Memorial Union and will continue until 12:30 p.m. Awards will be handed out throughout the day.

About 600 students from 45 high schools will compete this year, according to Bill Weber,

instructor of mathematics and computer sciences at the university. Students will take a series of tests over algebra, geometry, number sense, applications, trigonometry and calculations with calculators.

Students can take the tests as individuals or they can take them as a team. Teams have three students, with each student working for one-third of the time.

Awards will be presented to the top three places in the individual and team categories for each grade level and in each test. The top three schools overall will also get awards based on the points they earn in their Kansas State High School Activities Association classification. Divisions are 1A; 2A to 3A; and 4A to 6A.

For more information, contact Weber at 785-628-5375.

POLICE LOG

Oct. 31

- Request to remove individual from residence
- Stolen bike recovered and returned
- Report of stolen or missing rings
- Dog running loose
- Two vehicle accident
- Three vehicle stops
- Halloween Patrol
- Altercation at bar, one arrest

Nov. 1

- Barking dog complaint
- Report of two young males walking around wearing ski masks
- Keys locked in vehicle
- Report of missing RX meds
- Two vehicle accident, Loves
- Request to speak to officer concerning civil matter
- Report of vehicle that had been keyed
- Missing person report
- Keys locked in vehicle
- Vehicle stop
- Welfare check

Nov. 2

- Two vehicle accident
- Keys locked in vehicle
- Request to speak to officer concerning the same civil matter already discussed
- Investigate hit and run accident
- Removed debris from roadway

Nov. 3

- Keys locked in vehicle
- Welfare check, took individual into custody
- Request for civil standby

Questions concerning trail cams

- Report of phone scam
- Three civil processes
- Keys locked in vehicle
- Vehicle stop
- Picked up property from repo vehicle
- Questions concerning dropping charges
- Request to speak to officer concerning child out of control

Nov. 4

- Keys locked in vehicle
 - Applicant testing
 - Civil standby
 - Two vehicle stops
- Nov. 5**
- Keys locked in vehicle
 - Four vehicle stops
 - Report of semi driving erratically
 - Two vehicle accident, stop light
 - Report of vehicle parked in private drive
 - Report of missing two dogs
 - Complaint about PD not being warm and fuzzy

Nov. 6

- Questions concerning civil matter
- Report of damage to property
- Civil matter
- Eight vehicle stops
- Request to speak to officer concerning unreported battery
- Report of vehicle parked on private property
- Barking dog complaint

United Methodist Church in Jennings
Annual Pheasant Supper - Saturday, Nov. 12, 2007
5 p.m. to 7 p.m.

Roast Beef and ham roast, green beans, corn, mashed potatoes and gravy, hot rolls, salad and dessert bar.
See you at 202 S. Topeka in Jennings, KS
Adults - \$7 Children - \$3.50 (6 to 12) Free - (5 & under)

CALENDAR OF EVENTS

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Harmonson Redd Post #63
Norton American Legion
THURSDAY, NOVEMBER 10
Chicken Fried Steak Dinner - Special
FRIDAY, NOVEMBER 11
Veterans Day Parade Open House, after the Parade . . . come to the Legion for Open House and then join us for the Veteran's Buffet: Smothered Steak Dinner - \$6.50 for Veteran or one who is serving; otherwise \$8.50 or off the menu. Serving 5:00 to 8:00 p.m. - Club is Open
SATURDAY, NOVEMBER 12
Arts and Crafts, American Legion Auxiliary is Serving Lunch Private Party - Ballroom/Club is Open
MONDAY, NOVEMBER 14
Legion/Auxiliary/SAL - Meeting Night
THURSDAY, NOVEMBER 17
Legion Steak Dinner - Special
FRIDAY, NOVEMBER 18
BINGO/Club is Open
SATURDAY, NOVEMBER 19
Rhodes/Crandall Wedding (Open to the Public/Club is Open)

LET US CATER YOUR
Holiday PARTY
Call and Make Your Reservations Now!

MEMBERS AND GUESTS WELCOME
Hours: Thursday - 5-10 p.m. - Dining Room
Friday: 5:00-10:00 p.m. and Saturday: 5:00-9:00 p.m.
785-877-5662 • Bar Manager - Denise Schmitz-785-871-0464

FEATURING

- Florals •Candles •Needlework
- Christmas Crafts
- Leather Crafts
- Photography
- Carvings
- Paper
- Jewelry
- Clothing
- Pottery
- Glass Crafts
- Oils/ Acrylics
- Ornaments
- Woodworking

A Northwest Kansas Tradition... An Abundance of Talent

The Norton County Arts Council

Arts and Crafts Fair
Saturday, Nov. 12, 2011
9:00 a.m. to 4:00 p.m. at the
National Guard Armory
N.Hwy. 283 and Armory Road and the
4-H Building
126 Park, Norton, Kansas
12 and Over \$2.00; NCAC Members Free with Paid Membership

The Norton County Arts Council

Call Mike with all your social news.
877-3361