

Is Gluten Free for You?

A number of books and television programs have popularized the gluten free diet fad by claiming that wheat is responsible for belly fat, gastrointestinal issues and mental health conditions like Alzheimer's, depression and ADHD. However, there isn't enough science to back up the claims. So, if you are thinking about eating gluten or wheat-free, here are the facts:

Home ed
Tranda
Watts,
Extension
specialist



type of wheat, and may have to avoid barley and rye which also contain gluten.

True celiac disease is wicked, and the diet is not fun to follow. People with it wish they could occasionally eat just one slice of bread, but that one slice of bread will ravage their gut. People without the disease may feel better eating gluten free but most likely they are experiencing the "halo" or placebo effect.

Belly Fat

Eating too many calories and not exercising contributes to belly fat, and it's easy to eat too many refined grains found in pastries, snacks and other processed foods. So instead of eliminating all wheat, choose more whole grains. A recent study found that people who ate at least three servings of whole grains each day including wheat had 10 percent lower belly fat compared to people eating no whole grains.

Your Brain on Wheat

The claims about what effect wheat may have on the brain

don't stand up to scientific scrutiny either. The brain needs carbohydrates for energy, and grain foods are an excellent source. When you don't eat enough carbohydrates, you will feel tired, unable to focus, irritable and may have headaches, and memory and learning problems.

Gut Health

Followers of these popular diets may say that they feel better when they give up wheat and as mentioned they may be experiencing a "halo" or placebo effect. However, when you eliminate grains from your diet, it's difficult to get the fiber you need to maintain a healthy gut, immune system and overall health. Fiber helps with maintaining good blood sugar control and good blood cholesterol, and avoiding constipation. Fiber also serves as food for the friendly bacteria that keep your gut healthy.

Bottom Line

Many fads diets are hard to sustain in the long run because they are boring. Avoiding favorite foods may also be difficult when temptations arise.

Questions??? Contact your local K-State Research and Extension Office or Tranda Watts, Multi-County Extension Agent - Food, Nutrition, Health and Safety at twatts@ksu.edu.

Big trucks for little kids



Headstart/Early Headstart held Big Truck Night on Thursday at the United Methodist Church. (Pictured) Corinne Matteson watched the tractor show while her son Rhen and husband Ryan have a little conversation. Assistant public work supervisor Richard McKenna entertained the crowd with several maneuvers with the tractor. Big Truck Night is an opportunity for children to see big trucks up close, and interact with various drivers to learn about the vehicles.

-Telegram photo by Mike Stephens

STUDENT NEWS

Huskies forensics team tournament results

Well, if you thought the Forensic students were busy last time I wrote, they were extremely busy this past week. On April 9, Northern Valley hosted the Western Kansas Liberty League Forensic Tournament. A huge thank you to all of the judges, timers, custodians, high school student volunteers, 8th grade student volunteers, tab room people, cooks, hospitality room attendees and donators, secretaries, and administrators for their efforts and time in helping pull this event off. Here is the list of volunteers: Chuck Fessenden, Dani Wuest, Karla Funk, Noah Hansen, Melissa McClain, Camille Cox, Kenzi Sheley, Angela Thalheim, Jessi Thalheim, Connie Hanke, Becky Saddler, Gale Hays, Kandis Jackson, Lyn Linde, Marjorie Kingham, Michelle Tharman, Ruth Shearer, Kirsten Baird, Gloria Dewitt, Amy McKinney, Jeanette Harris, Jim Springer, Carol Taylor, Jana Hammond, Laquita Smith, Kelly Taylor, Cole Tyrrell, Cooper Mussman, Kailey

Hammond, Dalton McDowell, Robbie Griffiths, Chuck Zimmerman, John Vincent, Emily Lowry, Anita Wang, Ame Baird, Sarah Baird, Shayna Vincent, Brooke Baird, Brianna Martin, Kirsten Prickett, Jim Winchell, Hal Hansen, Becky Delimont, Irma Laurin, Monica Cole, Northern Valley Junior High Cheerleaders, Darcie Matson, Barb Nelson, Sommer Yocum, Advanced Foods Class, Kim Kasson, Marvin Gebhard, and Steve Taylor. It is truly a team effort!

The entire Northern Valley team represented our school and performed with outstanding ability. Those students were: Makayla Smith, Kristen Leibhart, Dakota Hilburn, Kortney Cunningham, Beatriz De La Fuente, Damian Wellman, Cole Bingham, Gabriel Anderson, Camden Cox, and Macy Kasson. There were two preliminary rounds and a final round. Those making it into the finals and their placings were: Beatriz - Informative Speaking (6th

place), Dakota - Original Oration Speaking (5th place), Gabriel - Interpretation of Poetry (3rd place), Macy - Humorous Solo Acting (1st place), Kristen - Serious Solo Acting (5th place), Camden - Serious Solo Acting (3rd place), Cole and Damian - Improvised Duet Acting (5th place), Macy and Camden - Improvised Duet Acting (1st place), and Gabriel and Kristen - Duet Acting (5th place).

The Northern Valley Forensic team took home the 2nd place plaque for the Western Kansas Liberty League Tournament! Congratulations! Until next time...keep your act together.

Huskies latest forensics tournament results

Okay...here it is only one day later and the Northern Valley Forensic team is headed to Oberlin. This tournament was originally scheduled way back in the first week of February. Due to weather, it was postponed. Many of the students are recovering from the league meet yesterday, but are ready to give it another go. Those attending the tournament were: Kristen Leibhart, Macy Kasson, Camden Cox, Gabriel Anderson, Damian Wellman, Kortney Cunningham, Beatriz De La Fuente, Dakota Hilburn, and Makayla Smith.

She has been a great asset to our school this semester in both teaching and helping with robotics and forensics. Jesse will be graduating from Chadron State College on May 9. Please wish her well with her future job at Arapahoe High School, this fall. They are gaining a great teacher and coach. Until next time...keep your act together.

For help with your advertising needs please give Dana a call 877-3361 email: dpaxton@nwkansas.com

Public Notices

•PUBLIC NOTICE•

NOTICE OF SUIT

Published in The Norton Telegram on Tuesday, April 15, 22, 29, 2014 (3T)
IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS
JEANA M. COZAD, Plaintiff,
vs.
PATRICK POMEROY, Defendant.
Case No. 2013-DM-55
NOTICE OF SUIT
TO Patrick Pomeroy and all other concerned persons:
You are notified that a Petition has been filed in the District Court of Norton County, Kansas by Jeana M. Cozad praying for Division of assets and debts and you are hereby required to plead to the Petition on or before May 27, 2014 in the Court at Norton, Kansas. If you fail to plead, judgment will be entered upon the Petition.
Daniel C. Walter, #09431
RYAN, WALTER & McCLYMONT, Chtd.
120 S. State - PO Box 364
Norton, Kansas 67654
785-877-5183
Attorneys for Plaintiff

•PUBLIC NOTICE•

NOTICE OF HEARING

Published in The Norton Telegram on Tuesday, April 22, Tuesday, April 29, and Tuesday, May 6, 2014 (3T)
IN THE SEVENTEENTH JUDICIAL DISTRICT DISTRICT COURT, NORTON COUNTY, KANSAS
PROBATE DEPARTMENT
In the Matter of the Estate of CARMILETA C. QUINLAN, Deceased.) Case No. 2014 PR 13

NOTICE OF HEARING

Pursuant to K.S.A. Chapter 59
The State of Kansas to All Persons Concerned:
You are hereby notified that a petition has been filed in this Court by Burlington Resources Oil & Gas Company, LP, a Delaware limited partnership, formerly known as Meridian Oil Inc. and Burlington Resources Oil & Gas Company, which is an indirect wholly owned subsidiary of ConocoPhillips Company, by BROG GP LLC, its general partner, an interested party in the estate of Carmileta C. Quinlan, deceased, praying that the foreign Last Will and Testament of Carmileta C. Quinlan, deceased, dated October 17, 1963, and Codicil thereto dated March 16, 1964, be admitted to probate and record in this Court for the purpose of perfecting title to oil and gas mineral interests owned by the decedent at the time of her death. No administration of this estate is necessary and petitioner prays that the Will be construed and that the property described in that petition be assigned in accordance with the terms of the Will.

You are hereby required to file your written defenses thereto on or before the 15th day of May, 2014, at 1:30 o'clock P.M., of said day, in said Court, at the Norton County Courthouse, in the City of Norton, in Norton County, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said petition.

BURLINGTON RESOURCES OIL & GAS COMPANY, LP
by BROG GP LLC, its sole General Partner, Petitioner
DEPEW GILLEN RATHBUN & MCINTEER, LC
8301 East 21st Street North, Suite 450
Wichita, KS 67206-2936
Telephone: 316-262-4000
Facsimile: 316-265-3819

Registration open for genealogical conference

Registration is open now through May 31 for the 40th Annual Kansas Council of Genealogical Societies conference, hosted by the Kansas Council of Genealogical Societies and co-hosted by the McPherson County Genealogical Society. Everyone who is interested in digging deeper into their genealogy and family history will be interested in this year's conference, which will be held June 14, at The Cedars Conference Center in McPherson.

This year's conference speaker, Valerie Eichler Lair, is a nationally known researcher, consultant, presenter, and author with extensive experience helping others trace and record their family history. She is a member of the Association of Professional Genealogists as well as several local and regional genealogical

societies. Valerie's research experience and involvement in local societies provide the real-life scenarios from which her instruction flows. She is renowned for her engaging style and for the detailed information offered in her presentations.

The first session, *Genealogical Proof Standard: Our GPS* explains the guidelines that the pros follow in analyzing and documenting their research, and the important reasons why you should use these guidelines as well.

The second session, *Probate: Where There's A Will (or No Will), There's A Way*, Valerie will discuss the vast amount of genealogical information in a probate/estate packet, and what you need to know when doing probate research. She also explains the probate process and the records created at each step in it.

Finding Females will be the topic of the third session. Ways to overcome the barriers in finding your female ancestors, one of the most difficult tasks a genealogy researcher has, will be presented.

If you are still not finding that particular Church record you need to document a date, name, and place for your ancestors, the fourth session *Church Denomination Archives*, will provide help in locating both the records and the archives that contain them.

This year's conference addresses several important issues that family researchers face regularly. Early registration is encouraged, which includes a catered lunch and conference syllabus. For more information and to print a registration form, visit www.KCGS.us or write KCGS, PO Box 3858, Topeka KS 66604.

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