



## Consumer skepticism about diets increases

Consumer skepticism about dietary advice increases daily. Certainly, advice about what to eat or not to eat should be given with extreme care.

Instead, conflicting information about diet and health appears in the news media every week – sometimes every day. With the same regularity as turning over a new leaf on the calendar, it seems that the eating of red meat or too much meat is linked with obesity, cancer or some other calamity.

Because of such misleading information, scare tactics, hype in the headlines, television and social media along with conflicting information about diet and health, there is a risk of consumer confusion and uncertainty. Overwhelming scientific evidence points to a diet of moderation and variety. That includes beef, pork, lamb, turkey – all kinds of meat.

Moderation and variety – a balanced diet includes meat, vegetables, fruits, nuts, breads and dairy products. The key is not to overdo any one of these.

One reason some Americans may be victims of health concerns is not because of the red meat they eat but rather the lack of vegetables, fruits and whole grains in their diet. It is essential to consume all of these food groups.

Individuals with specific health concerns that require dietary modification should be diagnosed and have diets prescribed by a physician who knows a patient's history and concerns.

Few people today would disagree with dietary guidelines that recommend cutting back on fat, sodium and sugar. This is sound advice.

When it comes to fat intake today, informed consumers remove most of the visible fat. They trim it off and throw it away.

America's cattle producers have, and continu-

ally are listening to the comments and wishes of consumers for low-fat content beef. Today, they are producing leaner cattle with less trimmable fat. This has occurred through advances in genetics, feeding and management practices.

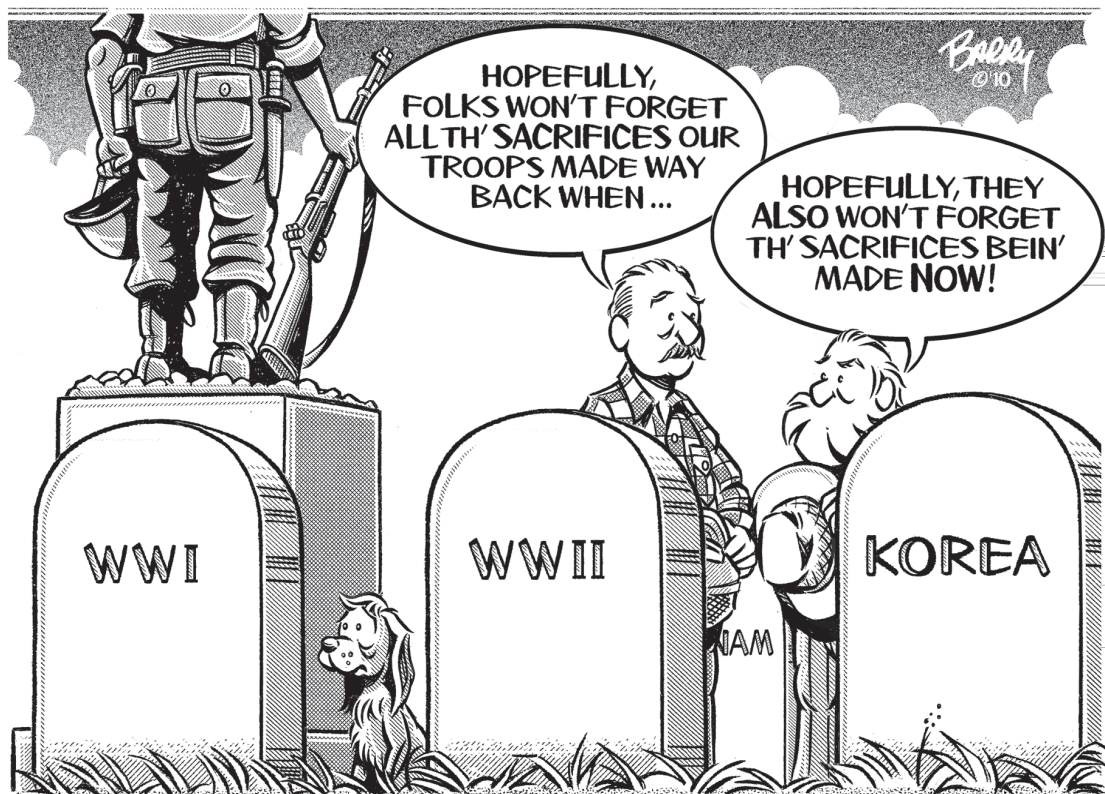
To help inform consumers about healthy and helpful eating guidelines, livestock commodity organizations regularly provide information on the nutritional value of meat as part of a healthful diet. Research projects on their products are contracted with qualified academic institutions, private research or meat industry labs. Accuracy and credibility are, and will continue to be, reviewed by scientific specialists.

Examining the correlation of diet and different diseases remains an ongoing project. Some of the areas of specific concern include the correlation of diet and cancer, and the correlation between oxidation and heart disease.

The cattle and pork industries continually strive to listen to concerns of consumers and their changing, ever-healthier lifestyles. The livestock industry is working every day to produce leaner, healthier meat products to satisfy today's market. It has learned to respond with products that meet new consumer desires.

Livestock producers also recognize the need to conduct research that provides data on food nutrition and safety. Consumers are hungry for new dietary products, but they also have a ravenous appetite for information supported by facts and science – not myths and misconceptions.

*John Schlageck of the Kansas Farm Bureau has been writing about farming and ranching in Kansas for more than 25 years. He is the managing editor of "Kansas Living," a quarterly magazine dedicated to agriculture and rural life in Kansas.*



## News From the Past

### 90 years ago - 1920

The business men and band men met at the Odd Fellows Hall on Tuesday evening for the purpose of organizing a band. About 60 people were present. E.D. Nixon was elected temporary chairman and A.C. Hancock was elected secretary. A Financial Committee, which had been previously appointed, reported that they had subscribed \$429 a month for the next three months. The Research Club held one of their pleasant sessions at the home of Mr. and Mrs. R. Jaqua, Miss

Josephine Jaqua being hostess.

If you think the domestic sciences classes at the Cheyenne County High School haven't accomplished anything this winter just take a look at the west window in the Deal and Reib store. There is displayed almost every conceivable article of wearing apparel which is the work of the girls in this department of the school.

John I Deal wants to announce to the public that they have received their new funeral car which was ordered some time

ago. It is one of the largest and best in existence. They are now fully equipped in every line of the undertaking business to take care of your wants promptly and efficiently.

### 40 years ago - 1970

Mrs. Lois E. Crumly announced this week that she had sold the St. Francis Mill and Seed to Mr. Noble Dorsch. Mr. Dorsch will take over the management on March 2. Mr. Dorsch has been a successful farmer and community leader for many years.

## Casey's Comments

By Casey McCormick



*scmcormick@nwkansan.com*  
I don't know why as humans it takes the power of the weather to get our attentions.

Last Sunday evening, as the skies churned dark grey and ominous, Lezlie and I were glued to the television. Desperate for information we jumped from channel to channel to find breaks in the regular programming.

Between the networks and Weather Channel we could follow the progress of large yellow and red blobs that moved from the south towards us.

As the storm alerts were replaced by Brooks and Dunn's 20th Anniversary, Lost, CSI and Great

Moments in Weather, we would poke our heads out the front door to see the live shots.

Our son made it home, while the daughter was hunkered down at her work, so when the siren went off, the three of us grabbed dogs, a flashlight and my eyeglasses and headed to the safety of our basement.

Since I have lived in Kansas this is only the second occasion we have had to wait out a storm down there. It is a strange place and time to be.

The dogs know something is wrong as they nervously sniff around and look to us for reassurance. As the wind and rain beat on

the creaking structure we're in, our ears strain to hear the oncoming train-like rumble that is said to precede a tornado. Uncertainty whirls around as the minutes seem to loose meaning.

Looking at our home that has stood for 93 years at the corner of Spencer and Francis, I know that it has not been the target of a twister strike. And this time it withstood what turned out to be another late spring storm.

But once again we are humbled by the weakness of man against the fury of nature.

## Reader upset with movie choice

To the Editor:

In reading the description of the movie last week in The Herald, I can't understand why we are even concerned about keeping our theatre open. Can we really go to a movie on Saturday night as filthy as "Kick Ass" sounded to be and then pretend to worship God on Sunday morning? That is hypocrisy at it's worst.

We wouldn't pay for spoiled milk or rotten eggs at the grocery store, so why do we pay for the same thing out of Hollywood?

We can't defend our lack of

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moral selection by saying it's the only kind of movie they make anymore, because if we didn't buy it, they couldn't sell it. We knew something was wrong in the first place when they started "rating" movies.

As I'm writing this the movie hasn't played yet, and I pray that the attendance of "Kick Ass" and any future movies like it will be a big fat "0".

Dale L. Hill  
St. Francis

## County treasurer receives letter

*Editor's note: The following letter was received by Dolores Jenik from state treasurer, Dennis McKinney.*

Dear Ms. Jenik,

It is a special honor for me to serve as your State Treasurer and one of my favorite parts of this job is the opportunity to visit communities across the state meeting so many great people along the way.

I enjoyed the opportunity to visit St. Francis on April 6th. Thanks to County Treasurer Dolores Jenik and Deb Lindsten at the county courthouse or helping

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us to arrange a great location as we returned property to the people who showed up to check for unclaimed property in their names or the names of family members.

If you were unable to attend our unclaimed property return, you can still check to see if you have unclaimed property by visiting our website [kansascash.com](http://kansascash.com) or call our toll free unclaimed property line at 1-800-432-0386.

There are currently 656 unclaimed properties valued at over \$66,603 in Cheyenne County alone being held by the State Treasurer's Office, so I would encourage everyone to take a couple of minutes to see if any of that property belongs to you or someone you know.

Dennis McKinney  
Treasurer of the State of Kansas

## Producers have excellent record

Dear Editor,

In light of the recent off-shore oil spill now is a good time to fully appreciate the value of Kansas' independent oil and gas producers. Kansas oil and gas producers have an excellent record of safety and contribute billions of dollars to the Kansas economy each year.

During the 2008 calendar year Kansas oil and gas producers paid \$442 million in severance and property taxes (not including

sales and income taxes). This was a 44-percent increase from 2007 and overall a 303-percent increase over a decade.

This is a testament to the hard work of these small business operators. Property and severance taxes alone constitute about 11-percent of the value of the product at the well head.

With the situation happening in the gulf, it is time that we all show our deep appreciation to Kansas'

independent oil and gas producers who have a continuing record of improvement in environmentally safe production practices. The Kansas Independent Oil and Gas Association currently has over 1,400 members generating thousands of highly skilled jobs in communities across Kansas.

Dennis McKinney  
Treasurer of the State of Kansas



**GOD SAYS**  
He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.  
Proverbs 28:13

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*Praise the Lord*

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St. Francis Equity

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