

Processing 'processed food' labels

We know that the best sources of dietary fiber and vitamins are fresh fruits and vegetables, and whole grains. So why do processed, fortified, packaged "junk" foods scream for our attention? Food marketers tweak the truth in many ways to get our food dollars. Be aware of three major ways, described below.

Whole grain versus "Made with" whole grain. Look for ingredient lists showing whole wheat, oats or another whole grain first. This assures that you're getting whole grain foods and the valuable nutrients they provide. A whole grain food gets more than half of its weight from one or more whole grains. (By definition, "whole" means that all three parts are present — the bran, germ and endosperm). Food labels list the ingredients in order of weight.

A food labeled as being "made with" whole grain or multi-grain gets less than half of its weight from whole grain. "Refined wheat flour" will likely be the first ingredient on the list.

It's very difficult to calculate how much added sugar you eat. Did you know that the average American eats 22 teaspoons of added sugars each day? That far exceeds the six to nine teaspoons a day recommended for adults. Food products are not required to list how much sugar is added. Ingredient lists use a variety of names for added sugars. When all of the different forms of added sugars are combined, you may find that sugar, in some form or another, is the main ingredient of a product. Regular (not diet) soft drinks are the main source of added sugars in the U.S. To reduce your intake of added sugars, drink 36 or fewer ounces per week of all sugar-sweetened beverages.

Dietary fiber. Fiber is associated with lower blood cholesterol and blood sugar levels, with improved "regularity," and with weight loss, to name just a few benefits. Many health experts recommend increasing dietary fiber intakes. However, many products on the market advertise a higher fiber content because



Home Time

By Tranda Watts
Multi-county Extension Agent

of added isolated fibers, mostly purified powders called inulin, polydextrose and maltodextrin. Isolated fiber that's added to foods that are not traditional sources of dietary fiber (such as ice cream, yogurt, juices and drinks) does not have all the health benefits of natural dietary fiber.

Bottom line: People living in the U.S. spend 90 percent of their food dollars on processed foods. Yet processed foods provide less nutrition and fewer health benefits

than fruits, vegetables and whole grains. By decreasing our intake of processed foods, we could save money. We'd save on our healthcare costs, too.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

Do onions add nutrition to meals?



Home Time

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Many families use onions when preparing supper almost every night. Do they add as much nutrition as they do flavor?

Onions are a perfectly good vegetable. They're not exactly a powerhouse of vitamins and minerals, but they do offer a respectable amount of fiber (almost 2 grams in a half-cup, chopped) and vitamin C, and small amounts of other vitamins and minerals.

But nutrition researchers also believe onions are a rich source of phytonutrients that appear to have heart benefits, assist with gastrointestinal health, and prevent some types of cancer. Researchers are particularly interested in quercetin, abundant in onions and also found in apple skins, tea and red wine, and how it may inhibit the ability of blood platelets to aggregate, thus preventing heart disease. Quercetin also appears to lower LDL cholesterol in the bloodstream while increasing beneficial HDL cholesterol. In addition, there's preliminary evidence that it may offer some protection against colon cancer, but more clinical trials are needed.

According to the National Onion Association, the average American eats about 20 pounds of onions per year, an increase from just over 12 pounds per person in 1983. Worldwide, the average is under 14 pounds of onions per person per year.

You may not know it from what's available at your grocery store, but there are more than 500 kinds of onions, usually categorized as either "fresh onions" or "storage onions."

Fresh onions are available from March through August. They have a thinner, lighter-colored skin and are typically sweeter, because of their higher water content, than storage onions. They also bruise more easily, so handle them with care.

Storage onions have several layers of thick, papery skin that's typically darker than what you see on fresh onions. They have a more intense flavor and less water.

According to the National Onion Association, both kinds of onions should be stored in a single layer in a cool, dry ventilated area; piling them up and insufficient air movement reduces their shelf life.

To reduce the risk of tears, the Onion Association suggests chill-

ing onions for a half-hour before cutting into them. Then, cut off the stem end first, peeling the outer layers to the root end, which has the largest concentration of sulphuric compounds. When combined with water, those compounds produce a small amount of sulfuric acid, the tear-inducing culprit. If possible, keep the root end intact while cutting.

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The Decatur County

4-H Council

wishes to thank

the 2010 Livestock Buyers


Ag Valley Co-op
Anderson Land & Cattle
Countryside Veterinary Clinic of Oberlin, PA
Crop Production Services
Decatur Co-op Association
Decatur County Feed Yard
Decatur County Title and Abstract
Farmers Bank & Trust, FDIC
1st National Bank, FDIC
Farm Credit of Western Kansas
Fredrickson Insurance Agency
Frenchman Valley Co-op
Hickert and Scott
High Plains Veterinary Service, PA
LandMark Inn
Lohofener Grain
McCook National Bank, FDIC
Pauls Funeral Home
Prarie Dog Creek Cattle
Raye's Grocery
Ron's Applicating Service
Timmerman Feeding
United NW Federal Credit Union, NCUA
Willow Creek Meats




The Decatur County
4-H Council wishes to thank
the Food Sale Buyers of 2010.

Ann Williams
Aqua Shield
Bryan Racing
Circuitech Electric
Connie Grafel
Countryside Veterinary Clinic
Crop Production Services
Dale Soderlund
Darlene Schaffer
Decatur Coop Association
Decatur County Title & Abstract
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Farm & Ranch Realty
Farm Bureau
Farmers Bank & Trust, FDIC
Fredrickson Insurance Agency
Gail Marcuson
Grafel Farms
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Kelley Drilling Company
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LandMark Inn
Marcuson Farms
Mary Anderson
McKenna Appraisal
Mike Elwood
Oberlin Automotive
Pauls Funeral Home
R&M Service Center
Reeves Seedhouse
Sappa Valley Construction
Stellar Auto Sales
Southwest Implement
The Bank, FDIC
Ultimate Fertilizer
Wasson Farms



QUARTERLY STATEMENT OF

Jean Ann Hale, County Treasurer of Decatur County, Kansas,
Showing Balance on hand for the Quarter ending July 31, 2010

FUND		Special Park & Rec.	
County General	269,468.17	4,193.06	
SW Bell Rural 911	10,395.21	1,498.90	
Wireless E-911	51,849.44	1,867.84	
Sp Prosecutor's Tr Fund3,939.08		3,716.20	
Recycling	4,161.95	PATF.....	515.00
Landfill	16,662.38	Sp Fire Equip.....	119,001.77
Road & Bridge	872,219.15	Bond & Interest.....	48,142.30
Special Bridge	144,970.49	RFD Memorial	2,798.14
Home for Aged.....	55,141.54	Economic Devel.....	5,567.26
Conservation District	2,580.76	CORE.....	1,873.28
County Health Nurse..	35,647.95	RFD.....	76,588.53
Noxious Weed Sp Eq..	12,959.00	Bad Check Trust Fund..	3,161.97
Ambulance Memorial ..	1,222.72	Hospital Rev. Bond ..	56,285.69
Ambulance	182,727.25	History Books	1,629.00
C o Health Sp Equip ..	22,343.00	Corp. Plan Emp. Trust ..	27,320.49
Noxious Weed	34,537.69	Current Tax.....	167,618.90
Special Road Mach ..	109,874.75	Motor Vehicle Tax...100,992.77	
Election	61,868.92	Delq. Personal Tax ...	23,167.34
Ambulance Sp Equip...98,820.94		Good Sam Mem. Prin.	553,778.33
Deeds Tech. Fund.....	6,781.42	Treasurer Special Auto....	4,230.77
Employee Benefit.....	548,810.73	Motor Vehicle License..	2,681.75
Equip. Reserve	126,640.75	Sales Tax	11,053.99
Conceal & Carry	1,626.23	RV Tax.....	2,165.49
Juvenile Detention	2,710.00	Tax Foreclosures	6,705.00
Summer Rec. Mem	3,087.50	Partial Pay	4,206.05
Senior Citizens	9,927.34	Redemp. & Assign. ..	11,751.12
Employee WH.....	27,432.35	Suspense Acct.	9,852.05
Cafeteria 125	24,841.31	Excise Tax	113.25
Sp Alcohol Program.....	8,074.60	Total	4,003,798.86

TOWNSHIP OR CITY	GEN'L Revenue	Road	SP Road	S.Waste
Allison		287.16		
Altory		248.46		
Bassettville	23,853.90		59,003.38	
Beaver	247.79			
Center	263.40			
Cook	274.26			
Custer	238.96			
Dresden	276.30			840.00
Finley	19,732.94			
Garfield	300.74			
Grant	268.15			
Harlan	315.67			
Jennings	317.03			
Liberty	295.98			
Lincoln	296.66			
Logan	3,803.00			
Lyon	337.40			
Oberlin	20,989.60		3,149.08	
Olive	3,247.16			
Pl Valley	338.07			
Prairie Dog	278.33			
Roosevelt	243.71			
Sappa	215.20			
Sherman	3,027.32			
Summit	10,813.13			
TOTAL	0.00	90,510.32	62,152.46	840.00

CEMETERY

Norcatar	330.44
Dresden	427.46
Hawkeye	963.42
TOTAL	1,721.32

FUND

County Funds	4,003,798.86
Township Funds	153,502.78
Cemetery Funds	1,721.32
TOTAL	4,159,022.96

CASH:

Investments	1,745,072.08
The Bank Oberlin	358,334.54
Cash	625.00
The Bank MM	262,762.01
The Bank OB. MM	250,536.10
TBO Corp Plan	27,320.49
FNB Wireless E911	51,849.33
Farmers Bk & Tr.	1,353,817.16
TB MM-Good Sam Mem	108,706.25
TB-Golden Age Bond	0.00
TOTAL	4,159,022.96



State of Kansas, Decatur County, ss
I, Jean Ann Hale, Treasurer of DECATUR County, Kansas, do solemnly swear that the above statement is complete, true and correct, to the best of my knowledge and belief. SO HELP ME GOD. Jean Ann Hale, County Treasurer
I HEREBY CERTIFY, That the foregoing statement was subscribed and sworn to before me, and in my presence, by the above named, this 31st day of July, 2010. Colleen Geihlsler, County Clerk

The Stamps

You Can't Wait to Get Your Hands On.

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3rd Annual "Up in Smoke" BBQ Cook-off

On the Black Water

BBQ Cook-off

Saturday, Sept. 11, 2010
Sappa Park Oberlin, KS



Complete rules, schedule and all other information will be sent to you upon receipt of your completed entry form.

For additional information; call **Patti Uehlin @ 785-475-3755** or email p_uehlin@hotmail.com
Cindy Lincoln @ 785-475-3554 or email cynthiarlincoln@yahoo.com

*Contest meats furnished * Contestants Must Furnish Beans & Open Class Entry*

OFFICIAL ENTRY FORM due by Sept. 3, 2010

Team Name _____ # members _____

Contact Person _____

Mailing Address _____

City _____ State _____ Zip _____

Phone #(s) _____

Email address _____

Categories Will Be
Ribs * Pork Butt * Brisket * Beans * Open

Entry Fee of \$50.00 includes the B-B-Q meal for up to 4 team members. Limited Electrical Hookups \$10 Extra | Yes | No. *Primitive Camping* Make checks payable to "Up in Smoke" & mail completed entry form to Cindy Lincoln, P.O. Box 88, Oberlin, KS 67749